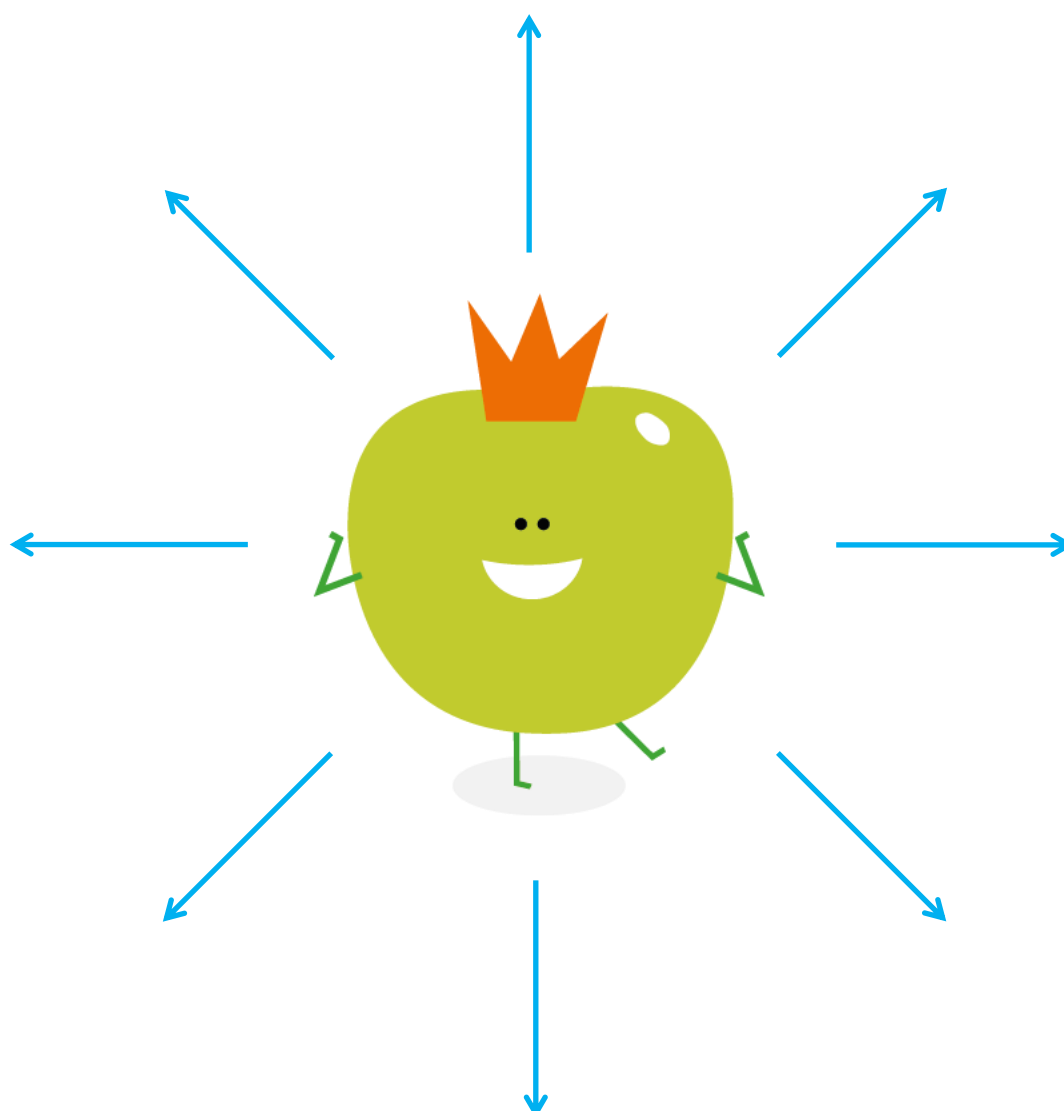


The Strengths Smiley

Use the arrows below to describe your strengths. Try and think about things about your personality that you like, as well as things that you're good at. You can use words, pictures or sentences to describe yourself.



TOP TIP: if you're finding it difficult to think of your strengths, imagine what a family member or friend would say about you.

A future where all young people are confident, resilient and lead fulfilling lives

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