## **Strengths Assessment Worksheet**

Name:		Age:	
Gender:		Date:	
This worksheet is designed to help you identify and explore your strengths across various areas of life. Take your time to reflect on each prompt and provide honest and thoughtful responses. Your insights will guide our discussions and support your overall well-being.			
Life area	Strength(s)	Examples or details	
Specify the aspect of life, like career, relationships, or health	List key abilities or qualities relevant to this area.	Provide specific examples or explanations showing this strength.	

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