










Name: \_\_\_\_\_

Date: \_\_\_\_\_

# • Strengths & Challenges •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.









<p><b>#1</b></p> <p>Explain why it is important to understand your own individual strengths and challenges.</p> 	<p><b>#2</b></p> <p>List one strength starting with each letter of your name.</p> 	<p><b>#3</b></p> <p>Draw a picture or write a paragraph showing how someone could improve a challenge over time.</p> 
<p><b>#4</b></p> <p>Draw a picture of yourself. Write at least 10 strengths all around the image.</p> 	<p><b>#5</b></p> <p>Think about one skill you know you could improve. Make a list of at least 3 steps to move in that direction.</p> 	<p><b>#6</b></p> <p>Using your strengths, write a short speech convincing the principal that you should be the class president.</p> 
<p><b>#7</b></p> <p>Give yourself an award for one of your biggest strengths. What would the award be?</p> 	<p><b>#8</b></p> <p>Ask a friend or family member what their biggest strengths are. Are they exactly the same as yours? Why or why not?</p> 	<p><b>#9</b></p> <p>Make a list of your top strengths using only emojis or symbols.</p> 

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# • Kindness & Compassion •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

<p><b>#1</b></p> <p>Write your own story or comic about someone who showed kindness to others.</p> 	<p><b>#2</b></p> <p>Self-love and self-compassion are also important! List 5 ways you can be kind to yourself.</p> 	<p><b>#3</b></p> <p>Do something kind for someone. Write about how it made them (and you) feel!</p> 
<p><b>#4</b></p> <p>Make a list of 15 kind things you can do for others.</p> 	<p><b>#5</b></p> <p>Draw a picture of a time someone was especially kind to you. Think about how it made you feel.</p> 	<p><b>#6</b></p> <p>Write a kind note or letter to someone else and give it to them.</p> 
<p><b>#7</b></p> <p>Spend time today helping someone in need. Summarize what you did and how you helped.</p> 	<p><b>#8</b></p> <p>What are some positive things you can say to others to lift them up?</p> 	<p><b>#9</b></p> <p>Start a chain reaction! Be kind to someone else and encourage them to pass it on!</p> 