



Recovery Roadmap

Discovering Your Personal Strengths

We all have different personal strengths and abilities. Sometimes, when things get tough, we might lose sight of them. Knowing and reminding yourself of your strengths will help you work towards and accomplish the things you want in your life. Take some time to identify your strengths and think about how they might be helpful to you in reaching the goals on your person-centered plan. The following prompts may help you to take stock and/or rediscover some things that you have going for you.



FINISH THE FOLLOWING STATEMENTS:

1. My best qualities as a person are _____

2. Something I would NOT change about myself is _____

3. I am most proud of _____

4. If I could plan the perfect day, here is how I would spend it _____

5. The times I am most at peace are when _____

6. People like that I am (people say they like my...) _____

7. I feel good about myself when _____

8. The things that help me to make it through the day when I am down are _____

9. I help other people out by... (Something I give to others that makes me feels good is...) _____

10. The best compliment I ever received was _____

PERSONAL STRENGTHS THAT I HAVE (CIRCLE ALL THAT APPLY):

Athletic	Artistic	Fun-loving
Caring	Authentic	Compassionate
Intelligent	Focused	Open-minded
Warm	Responsible	Punctual
Funny	Loving	Organized
Hard-working	Strong	Loyal
Personable	Musical	Mechanical
Trustworthy	Motivated	Creative
Mathematical	Verbal	Planner
Flexible	Adventurous	Good self-advocate
Fair	Grateful	Hobbies (specify below)
Persistent	Forward-thinking	Forgiving
Spiritual	Strong personal network (specify below)	Optimistic

My strong personal network is my:

Some of my hobbies are:
