

Everyone has strengths that are unique. Youth are influenced and motivated by the way significant people in their lives respond

to them. When support is based on strengths, people become more involved and use their

strengths and resources. To develop more strengths, provide opportunities for learning, developing, and mastering new skills.

Strengths

Giving Skilled Calm Unique Witty Funny Self-confident
Enthusiastic Honest Supportive Humble Tolerant
Talented Hard-working Determined Focused
Imaginative Warm Resourceful Energetic Clean Decisive
Sensitive Strong Curious Clever Loyal Diligent
Nice Proactive Thankful Out-going Cooperative
Caring Sweet Patient Understanding
Intelligent Forgiving Tidy Grateful Even-tempered
Brave Honorable Cautious Creative Smart Assertive
Wise Stylish Strong-willed Thoughtful Spontaneous
Dependable Open-minded Tough Artistic
Musical Sympathetic Fun Optimistic Flexible Valuable
Devoted Athletic Interesting Prudent Important
Expressive Friendly Articulate Loving
Confident Tactful Organized Passionate Safe
Courteous Punctual Responsible Joyful Kind
Sincere Coordinated Social Sharing Generous
Faithful Trustworthy PMTO Truthful Tenacious
Appreciative MICHIGAN CAREGIVERS OREGON Fair Graceful
Considerate Positive We're Doing It! Families Respectful Helpful
Accepting Gentle Respectable

Tell a kid when you notice their strengths! Try it today!

