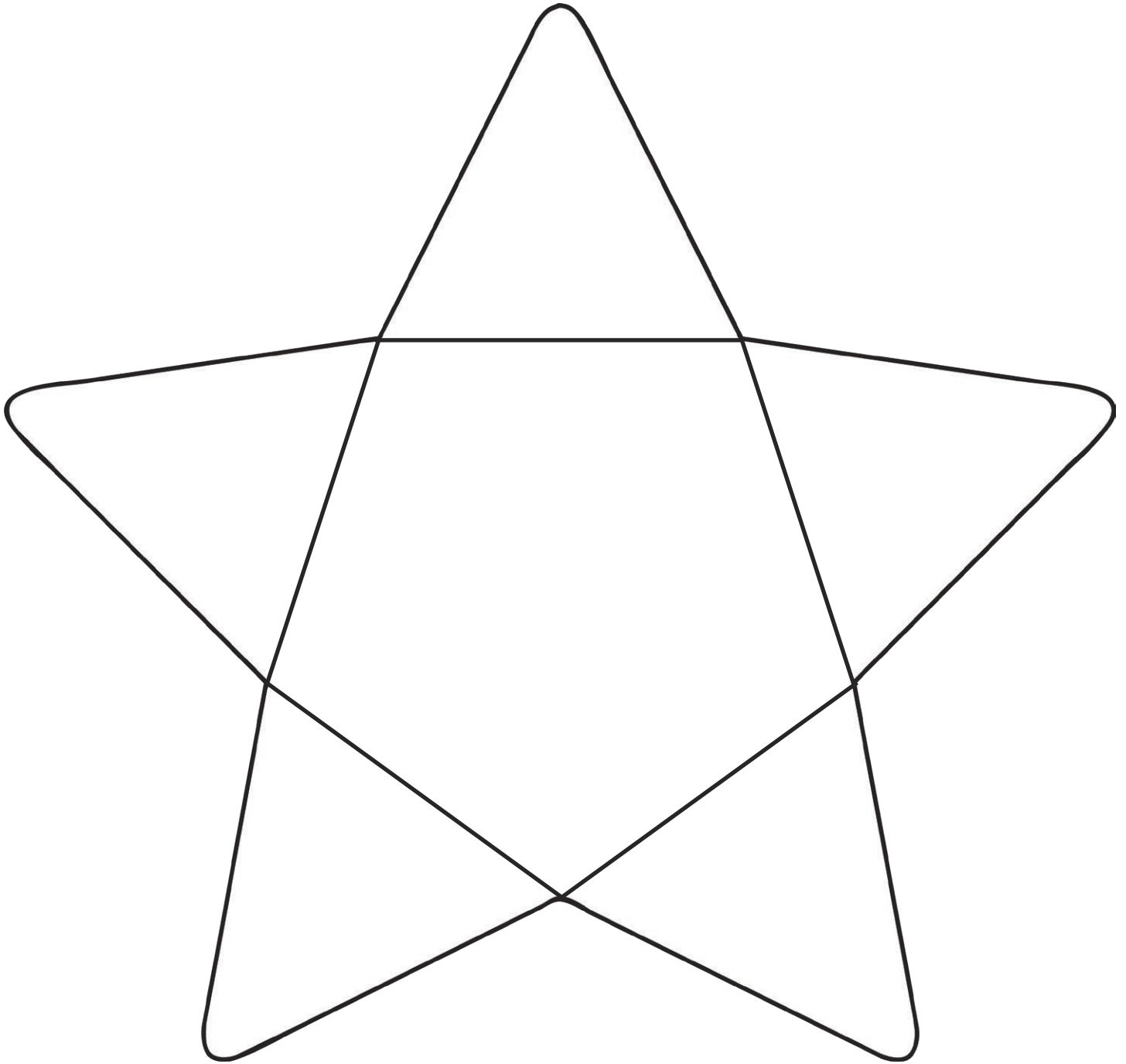


My Strengths

What have you achieved? What are you good at? Which skills and interests do you have that make you, you? What do others like about you? Why are you special?

Record all your strengths on this star. If you get stuck, ask family and friends for their thoughts!



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).