

STRENGTHS BASED ASSESSMENT TEMPLATE

Date: _____

Name: _____

Phone: _____ E-Mail: _____

1. What are your strengths, abilities, and skills?

2. What do people say you are good at or what are you complimented on the most?

3. What is one barrier have you faced and how did you overcome it?

4. What are your three most important core values?

5. Who is in your family support system, social support system, or other support systems?

