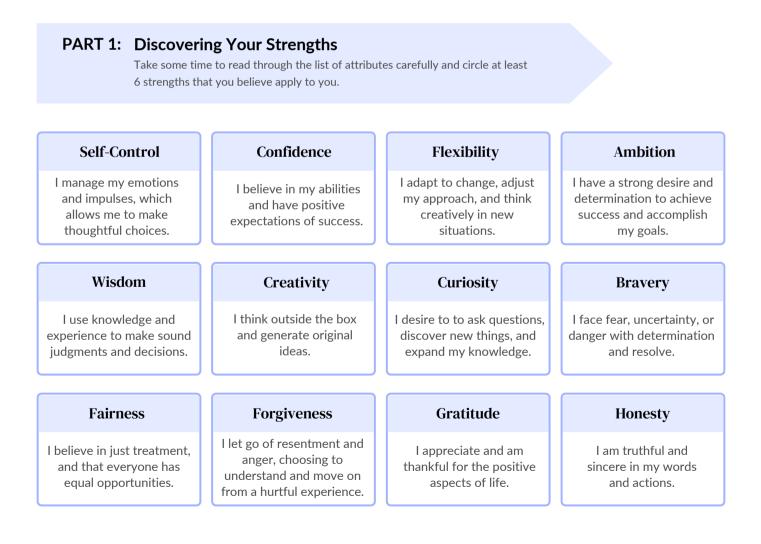


Self-criticism can significantly impact your mental health and overall well-being. Negative internal dialogues can undermine your self-esteem, making you feel inadequate and increasing your stress and anxiety. If you constantly talk to yourself in a negative manner, you can create a cycle of negativity, where you become overly focused on your perceived flaws and failures, which can prevent personal growth.

Creating a personal strengths inventory can be a powerful tool to combat self-criticism and negative self-talk. By identifying and acknowledging your inherent strengths, you can shift your focus from your perceived weaknesses to your positive attributes. Recognizing and celebrating your strengths can boost your self-confidence, reduce the impact of negative self-talk, and promote a healthier, more resilient mindset.







Optimism	Humility	Humor	Kindness
l expect the best possible outcome and believe in a brighter future.	I have a modest view of my importance, which allows me to learn from others.	I have the ability to find and share amusement, and create a lighter perspective on challenges.	l am caring, considerate, and desire to help others.
Patience	Love of Learning	Perseverance	<b>Open Mindedness</b>
l stay composed while waiting or facing challenges, without getting frustrated or giving up.	I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.	I am committed to see things through, despite obstacles and setbacks.	I am willing to consider new ideas and perspectives with receptiveness.
Teamwork	Social Awareness	Spirituality	Enthusiasm
l collaborate effectively with others to achieve a shared goal.	I understand the emotions, needs, and perspectives of others.	I believe in a purpose or connection to something larger than myself.	I have a zest and passion that fuels my excitement and motivation.
Generosity	Problem-Solving	Dependability	Authenticity
I give my time, resources, or skills to help others without expecting anything in return.	I am able to analyze situations, identify solutions, and overcome challenges effectively.	I am reliable and others can count on me to fulfill my commitments and responsibilities.	I live and express myself genuinely, being true to my values and beliefs.
Adventurousness	Assertiveness	Independence	Logic
I am eager to experience new and exciting things, with a sense of curiosity and daring.	l communicate my needs, wants, and opinions clearly and confidently.	I am self-sufficient and resourceful, taking responsibility for my own well-being.	I am able to think clearly and reach sound conclusions based on reason and evidence.





#### PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. Then, discover how you can apply your strengths in new ways to achieve relational growth.

Lists the strengths you possess that help you in your relationships

Describe a specific time your strengths were able to help your relationships

Describe two new ways you could use your strengths to help you in your relationships





#### PART 3: Applying Your Strengths to Your Profession

Use the prompts to explore how you currently use your strengths in your professional endeavors (at work or school). Then, discover how you can apply your strengths in new ways to achieve professional growth.

Lists the strengths you possess that help you in your profession

Describe a specific time your strengths were able to help your profession

Describe two new ways you could use your strengths to help you in your profession





#### PART 4: Applying Your Strengths to Achieve Personal Fulfillment

Use the prompts to explore how you currently use your strengths to increase your sense of purpose and enjoyment. Then, discover how you can apply your strengths in new ways to achieve personal growth.

Lists the strengths you possess that help you achieve personal fulfillment

Describe a specific time your strengths were able to help you with personal fulfillment

Describe two new ways you could use your strengths to help you with personal fulfillment



### Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our <u>strict editorial standards</u> ensure our reviews are fair, honest, thorough, and based on firsthand experience.

### You Can Trust ChoosingTherapy.com



300+ Companies Reviewed



2,350+ Hours of Firsthand Experience







#### **Best Online Therapy**

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

#### Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.





#### **Best Mental Health Apps**

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

#### Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



