

# Personal Strengths Inventory

Constant criticism, controlling behavior, or unrealistic expectations from others can lead you to internalize negativity, creating a harsh inner dialogue. Over time, this self-criticism can take a toll on your mental health, making you feel inadequate and increasing stress and anxiety. When you're consistently telling yourself you're not good enough, you may fall into a cycle of self-doubt, focusing only on perceived flaws and failures, which blocks you from recognizing your strengths and moving forward in life.

**Creating a personal strengths inventory is a powerful tool to [combat the effects of self-criticism](#), especially when it stems from challenging relationships.** By identifying and acknowledging your unique strengths, you can start to shift focus away from negative external influences and toward your positive qualities. This practice helps you reframe your self-perception, building a more balanced and realistic view of yourself.

## PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

### Self-Control

I manage my emotions and impulses, which allows me to make thoughtful choices.

### Confidence

I believe in my abilities and have positive expectations of success.

### Flexibility

I adapt to change, adjust my approach, and think creatively in new situations.

### Ambition

I have a strong desire and determination to achieve success and accomplish my goals.

### Wisdom

I use knowledge and experience to make sound judgments and decisions.

### Creativity

I think outside the box and generate original ideas.

### Curiosity

I desire to ask questions, discover new things, and expand my knowledge.

### Bravery

I face fear, uncertainty, or danger with determination and resolve.

### Fairness

I believe in just treatment, and that everyone has equal opportunities.

### Forgiveness

I let go of resentment and anger, choosing to understand and move on from a hurtful experience.

### Gratitude

I appreciate and am thankful for the positive aspects of life.

### Honesty

I am truthful and sincere in my words and actions.



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# Personal Strengths Inventory

## Optimism

I expect the best possible outcome and believe in a brighter future.

## Humility

I have a modest view of my importance, which allows me to learn from others.

## Humor

I have the ability to find and share amusement, and create a lighter perspective on challenges.

## Kindness

I am caring, considerate, and desire to help others.

## Patience

I stay composed while waiting or facing challenges, without getting frustrated or giving up.

## Love of Learning

I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.

## Perseverance

I am committed to see things through, despite obstacles and setbacks.

## Open Mindedness

I am willing to consider new ideas and perspectives with receptiveness.

## Teamwork

I collaborate effectively with others to achieve a shared goal.

## Social Awareness

I understand the emotions, needs, and perspectives of others.

## Spirituality

I believe in a purpose or connection to something larger than myself.

## Enthusiasm

I have a zest and passion that fuels my excitement and motivation.

## Generosity

I give my time, resources, or skills to help others without expecting anything in return.

## Problem-Solving

I am able to analyze situations, identify solutions, and overcome challenges effectively.

## Dependability

I am reliable and others can count on me to fulfill my commitments and responsibilities.

## Authenticity

I live and express myself genuinely, being true to my values and beliefs.

## Adventurousness

I am eager to experience new and exciting things, with a sense of curiosity and daring.

## Assertiveness

I communicate my needs, wants, and opinions clearly and confidently.

## Independence

I am self-sufficient and resourceful, taking responsibility for my own well-being.

## Logic

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:**

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

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

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## 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:**

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**Describe a specific time your strengths were able to help your profession:   ent**

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

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## 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:**

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

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

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# 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 [strict editorial standards](#) 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



1,150+  
Data Points Analyzed



### [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.

