

Handout: Individual Strengths and Community Resources

Circle all the strengths and resources that you have. Be ready to discuss with the group.

Being me is awesome! I am:	There are some good things about my community. We have:
Curious	Family
Creative	Friends
Unique	Safe schools
Smart	Sports
Honest	Music
Kind	Art
Lovable	Afterschool programs
Loyal	Activities for kids
A natural leader	Public transportation
Brave	Good weather
Grateful	Parks and playgrounds
Forgiving	Grocery store or farmer's market
Playful	Public library
Generous	Services for older adults or people with disabilities
Loving	Good doctors
A good teammate	Swimming pools
Hopeful	Friendly neighbors
Full of faith	Shops and Restaurants
Funny	Safe streets and sidewalks
Encouraging to others	Places to play or exercise

Other strengths? Use the spaces below to add more of your unique strengths and resources:
