

Appreciation



I notice and enjoy the good things around me.

Bravery



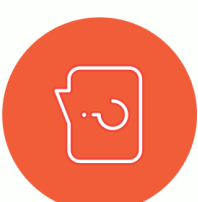
I face my fears and try even when things are hard.

Creativity



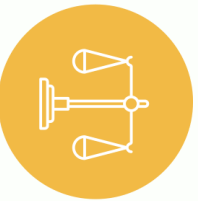
I come up with new ideas and think differently.

Curiosity



I love learning and exploring new things.

Fairness



I believe everyone should be treated equally.

Forgiveness



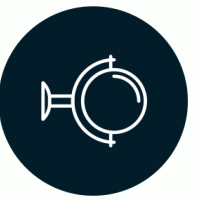
I let go of past hurts and move on.

Gratitude



I'm thankful for the good things in my life.

Honesty



I tell the truth and show who I really am.

Hopefulness



I believe in a bright future and good things ahead.

Humility



I'm proud of what I can do but stay modest.

Humour



I enjoy laughing and making others laugh.

Judgement



I think carefully before making decisions.

Kindness



I help others and do nice things without expecting anything back.

Leadership



I help others be their best and stay organised.

Love



I care about my friends and family deeply.

Love of Learning



I enjoy discovering new things and getting better.

Perseverance



I keep going even when things get tough.

Perspective



I see things from different points of view.

Prudence



I think before I act and avoid risky choices.

Regulation



I manage my emotions and reactions.

Social Sense



I understand my feelings and others' feelings too.

Spirituality



I believe in something bigger than myself.

Team Player



I work well with others and share tasks.

Optimism



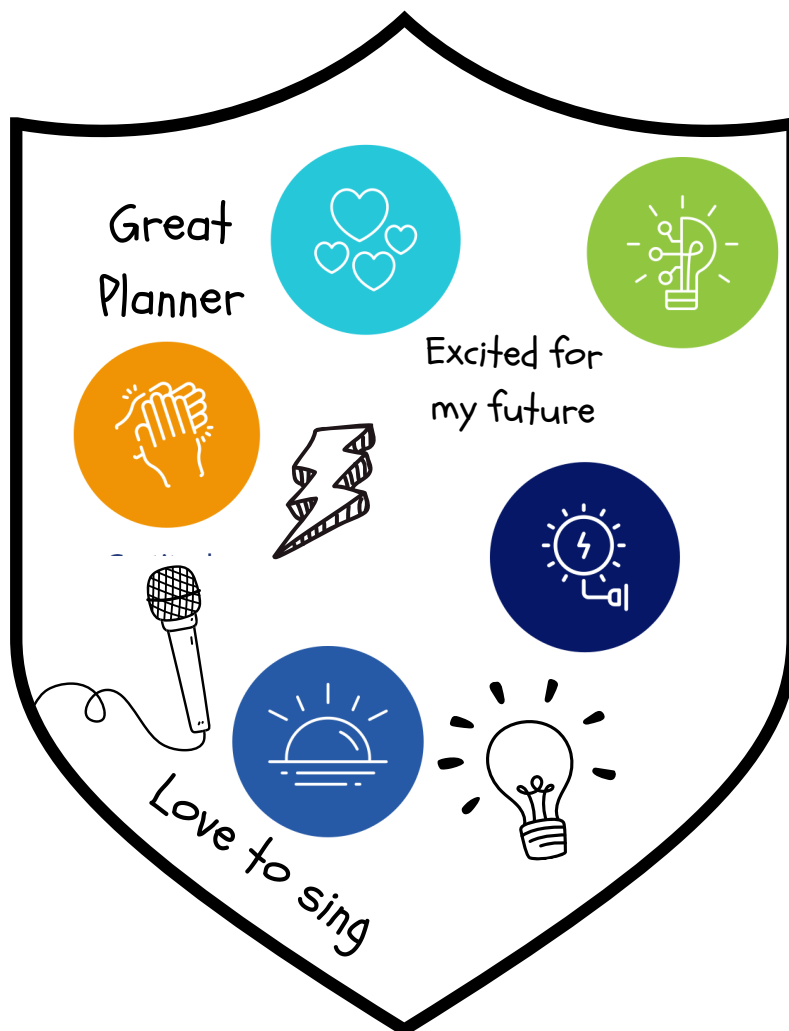
I feel excited and full of energy about life.

Strengths Shield

What can it help with?

Boosts confidence and encourages self-acceptance.

- Draw a shield on a piece of paper or use the printable template.
- Think about your strengths—what are you naturally good at? What do your friends say you're great at?
- Choose 5–7 Strengths and write or draw them inside the shield. You can also draw the symbols.
- Decorate your shield with colours, doodles, or symbols that represent YOU. It might look something like the example below:



Strengths Shield

