

Character strengths worksheet

Knowing our strengths can be hugely beneficial for both our personal and academic lives. [Take the test here](#) to find out what yours are.

My top five strengths

1.

2.

3.

4.

5.

How can I use these best in my daily life?

E.g. I can use my curiosity to take notice and enjoy my surroundings

1.

2.

3.

4.

5.