



WHAT'RE THOSE?!

CHECK-OUT MY SKILLS

Every single one of us are working on our abilities to handle what the world is throwing at us, also known as “**skills**”. It can be helpful to note which skills we **got on lock** (strengths), which skills are **vibin’ in the middle**, and which skills we’re still **getting the hang of**, so we can use our strengths to better ourselves!



WORDS, WORDS, WORDS

I can understand what other people are trying to tell me



I can tell people how I feel



I can tell people what I am thinking



HOLD UP LEMME REMEMBER

I can stay focused on things that I need to



I can remember the steps or directions that I need to get things done



I can keep track of time to get to places and do things on time



THEY SAID WHAT?!

I can usually notice or understand people’s facial expressions or tone of voice when they are talking



I can tell what people think of me



I can talk to new people



I can understand how other people are feeling



Remember!

It is legit not possible to have every single one of these skills as strengths, so keep that in mind as you go through these!

The goal is to get an honest gauge on where we are at (each of these are to be answered for when we are at our best), so we can get to know ourselves better and plan how we can make growth in our lives!



WHAT'RE THOSE TOO?!

CHECK-OUT MY SKILLS

STAYING CHILLY

I can settle down when I am hyped up



I can get my energy level up when I need to



I can control my worries



I can think straight when I feel frustrated



I can handle things when I am feeling disappointed



I can stop and think before I say or do things



GOING WITH THE FLOW

I can handle new or unexpected situations



I can handle when my plans or schedule changes



I can stop one thing I'm doing and start up a new thing



I can think of more than one way to solve a problem



I can avoid taking things personally



I can put problems into perspective (tell what problems are big vs little)



So, now what?

Here are some ways this tool can help us now that we're done!

1

Seeing what your strengths are allows you to see how you can use them, on purpose, to help in challenging situations

2

Seeing what skills you're still getting the hang of helps supportive figures in your life (teachers, therapists, etc.) better support you

3

Laying out where you are at in your skills helps you be intentional about complimenting the skills you're still getting the hang of with strengths