

BELL WORK: STRENGTHS THROUGH ADVERSITY

Underline your talents and interests, and add others:

Friendly	Motivator	Caring	Patient
Sense of humor	Good with words	Good listener	Strong
Innovative	Committed	Sensitive	Loyal
Forgiving	Responsible	Empathetic	Creative
Leader	Can fix things	Helpful	Kind
Imaginative	Graceful	Mechanically skilled	Practical
Trouble-shooter	Intuitive	Good with animals	Humble
Good cook	Playful	Good with plants	Wise
Organized	Good planner	Good with children	Fun
Cooperative	Energetic	Good teacher	Logical
Others _____			

Go back and Circle the skills you now have because of struggles, and add others in this box:

How can you use some of these strengths, talents and interests to help others with what you know now?
