

Reflecting on Your Strengths

There are traits within you—like your persistence or compassion—that may have helped you as you take care of your child. Choose a quality about yourself that you're proud of and write it in the first blank below. Then fill in the other blanks to explore how that quality helps you.



Need ideas to help you get started?

Think about what a good friend might say about you.



I am a(n) _____ person. One of my best qualities
(ex. funny)

is _____. It's important to me
(ex. being able to find the humor in situations)

because _____. This quality has
(ex. being able to laugh helps me better handle feeling overwhelmed)

helped me _____
(ex. cope during difficult times)

_____. I remember one time when this
quality helped me _____
(ex. by breaking up the tension when my baby was crying)

I'll keep this strength in mind the next time I need a boost.



Set a reminder on your phone or calendar to come back to this activity in about a month to revisit your strengths.