
STRENGTHS CHECKLIST

I have body or kinesthetic strengths if I:

- like to play sports
- am very coordinated
- learn a new sport or dance step easily
- like to play video games
- use my hands when I am talking
- like fixing things

I have language or verbal strengths if I:

- like to read
- like to write in a journal, stories, poetry or other writings
- like word puzzles or games
- learn the words to songs I hear
- like to listen to stories or plays
- like to listen to jokes or comedians
- like to talk

I have visual strengths if I:

- like watching the images in music videos, movies or ads
- like to doodle or draw
- like to see how websites and programs on the computer look
- can use maps, graphs and charts easily
- like to plan how to decorate a room or put together fashions looks
- like photographs or taking photographs
- like colour

I have logic strengths if I:

- like math
- like to figure out how things work
- like to solve puzzles
- like to organize things
- like games that require strategy
- like to use computers
- like science courses

I have music strengths if I:

- like listening to music
- like playing a musical instrument or singing
- find myself humming
- like to listen to music when I study
- notice sounds all around me
- remember melodies and notice if something doesn't sound right
- keep rhythm or the beat when I listen to music

I have people strengths if I:

- help friends with problems or talk about my problems
- would rather be with people than alone
- like team sports
- like being with a group or even a crowd people
- have lots of friends
- get along with people easily
- like watching people

I have personal strength if I:

- like to spend time alone doing sports, hobbies or just thinking
- know what I like to do
- make my plans and set my own goals
- have self-confidence to try new things
- want to learn new things
- find that some of my ideas are different from those of my parents or friends
- believe I am a spiritual person or want to learn more about different religions