Youth Strengths Survey (sample)

# Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Favorite school subjects

2. Hobbies

3. Skills/talents that I have

4. Favorite family activities

5. Favorite places

6. Favorite people

7. Areas where I can help others

8. Career goals/interests

9. Interesting things that I’ve done

10. Something I have overcome

11. Special experiences I have had

12. I am happiest when

13. My life would be better six months from now if

14. The things I like most about my family are