Strength Meter

Staying healthy and avoiding harm requires that you draw on your STRENGTHS to handle high-risk situations and maintain positive behaviours. How many strengths do you have?

Starting from the bottom of the grid below, write one of your strengths in each box. It can be something positive about your personality (e.g., I'm kind to my friends) or something you're good at (e.g., playing basketball, computer games). Fill in as many boxes as you can.

How could you use one or more of these strengths to increase your wellness, handle high-risk situations or avoid harm?