

Past, Current, & Future Strengths Worksheet

Consider the four questions below and write your responses in the space provided.

- **Current Strengths:** What are my current strengths? (These are your talents, skills, personal and environmental strengths)

- **Desires & Aspirations:** What do I want in my life?

- **Past Resources:** What strengths have I successfully used in the past?

- **What is my vision for the future? What strengths would help achieve this?**