



WHAT YOU NEED:

Container to keep *Strengths Notes*. This can be a plastic coupon keeper, an envelope, a glass jar, a coffee can, or anything.



BE CREATIVE!



PRINT ITEMS BELOW:

1. Label for Strengths Keeper --- Can be color printed on computer label or plain paper. Attach this to the outside of each Strengths container.
2. My Strengths Keeper Guide—this is a short description of how to use the Strengths Keeper. Print ONE for each container.

3. Strengths Notes pages -- We used these sentence starters plus a blank one:

My Strengths ---I'm SO proud of

My Strengths -- I'm very thankful for

My Strengths -- I'm really good at

My Strengths

Print several Strengths Notes sheets per container to encourage daily or regular use.

ADDITIONAL Strengths Note statements could be:

Today, I accomplished

I felt good about myself when I

FEEL FREE TO ADD YOUR OWN IDEAS TO THESE!

HOW TO USE THE TOOL: Use with ages three to adulthood. Caregivers can use at bedtime or any relaxed moment to record at least one strength they see in each child AND they can encourage children to name their own strengths. Youth and adults should keep their own notes. MAJOR PURPOSE is to remind everyone they have certain strengths to draw upon when things get tough to stay positive!

Labels for Strengths Keepers

My Strengths Keeper



Name: _____

My Strengths Keeper



Name: _____

My Strengths Keeper



Name: _____

My Strengths Keeper



Name: _____

My Strengths Keeper



Name: _____

My Strengths Keeper



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Name: _____

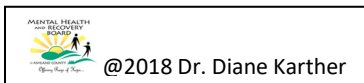


My Strengths Keeper Guide



The Strengths Keeper is your bank of positive thoughts and accomplishments. Make a goal to deposit one strength daily.

Remember – unless taught, children don't recognize their positive attributes and successes. When life gets tough, remembering strengths produces a “keep trying” attitude.



@2018 Dr. Diane Karther

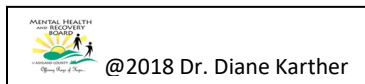


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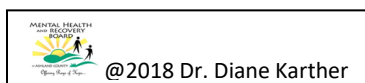


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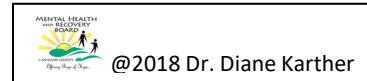


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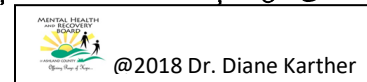


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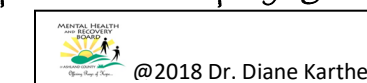


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