

Name: _____

REFLECTION OF ME

List four moments when you felt proud or energized because of what you were doing.

Moment #1	What made you proud?	How did you feel in that moment?	What strength(s) did you use during that moment?
Moment #2	What made you proud?	How did you feel in that moment?	What strength(s) did you use during that moment?
Moment #3	What made you proud?	How did you feel in that moment?	What strength(s) did you use during that moment?
Moment #4	What made you proud?	How did you feel in that moment?	What strength(s) did you use during that moment?

What is my signature strength? How do I want to use it more often?