

# Strengths, Resiliency, and Positives Worksheet

CM: \_\_\_\_\_

Date: \_\_\_\_\_

Examples of prompts:

1. How have you kept yourself safe and survived?
2. Tell me about times you were proud of things you had done. (successes)
3. What are things you enjoy doing?
4. Tell me about people that are important to you.
5. What types of things are important to you?

Holistic Charting:

