



**OKLAHOMA DEPARTMENT OF HUMAN SERVICES**

A project of the Oklahoma Developmental Disabilities Council

**Strengths, Assets, and Goals Worksheet**



**Personal information.**

Student's last name	First
Name of high school	

**Strengths, assets, and goals**

Think about your strengths and assets to finish these statements. This information helps Youth Leadership Forum (YLF) staff to better know and understand the goals of applicants. Attach an additional sheet if necessary.

1. A time when I felt really successful was when I...
2. I have always been glad I have the ability to...
3. My best friend would describe me as a person who...
4. One thing my teachers have always liked about me is...
5. I love learning about...
6. One thing some people find hard to do that I find easy is...

7. A thing I like to do in my free time is...
8. I think I was born to...
9. What people find most likeable about me is...
10. What will make me a good leader in my life is...
11. A time when I showed a lot of courage or strength was...
12. Something I would like to be remembered for is...
13. I felt really glad to be me when...
14. One thing my family likes about me is...
15. My greatest achievement is...
16. Write three words to describe how you see yourself in five years.

17. What three things do you do well?

18. A place I really enjoy being is \_\_\_\_\_ because...

19. My most favorite/prized possession is \_\_\_\_\_ because...

20. One of my skills I hope to use in my work is...

21. An area of my life that I can easily show my individuality is...

22. If I were to receive an award, it would be for...

23. Participating in this Youth Leadership forum shows that I am...

**Now let's think about areas needing some improvement.**

1. The three things I wish I could do better are...

2. My least favorite subject in school is \_\_\_\_\_ because...

3. One skill I know I need to develop in order to live on my own is...

4. One skill I know I need to develop in order to go to college or find a career is...

5. To improve my social life, I need to...

6. From your experiences, what do you think...

<b>makes a good leader?</b>	<b>makes a less-than-perfect leader?</b>