STRENGTHS SELF-REFLECTION AND MONITORING SHEET TWO

Target strength(s): ....

Did I use my target strength(s) today?

Yes   No

On a scale of 1 to 5, how well did I use this strength/these strengths today?

1   2   3   4   5

Examples of when I used my target strength(s) today:

1. ....
2. ....
3. ....

Did I overuse any of my strengths today?

Yes   No   Describe:..
....

Did I misuse any of my strengths today?

Yes   No   Describe:..
....

Were there any situations where I could have used a strength but did not think of it?

Yes   No   Describe:..
....