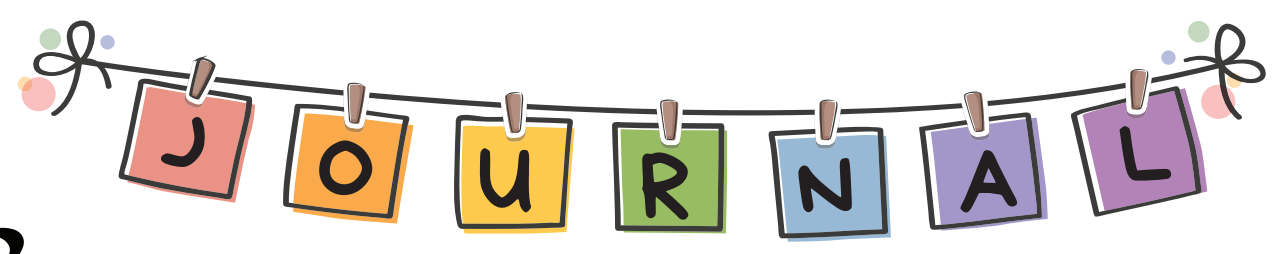


GoZen!

STRENGTHS



This journal belongs to:



Get Free Printables Every Week at GoZen.com/printables/

YOU HAVE SO MANY STRENGTHS!

Strengths are the best parts of you. Strengths show the world your values or what's important to you. Circle 3 of your greatest strengths below. Put a square around 3 strengths you're working on. On the next page, color your strengths in!

- | | | | |
|---------------------------|-----------------|--------------------|-----------------|
| Accurate | Entertaining | Merciful | Spiritual |
| Action-oriented | Enthusiastic | Modest | Spontaneous |
| Adaptive | Fair | Motivated | Straightforward |
| Adventurous | Fast | Observant | Strategic |
| Ambitious | Flexible | Open-minded | Tactful |
| Analytical | Focused | Optimistic | Team-oriented |
| Appreciative
of others | Forgiving | Orderly | Thoughtful |
| Artistic | Friendly | Organized | Thrifty |
| Astute | Generous | Original | Tolerant |
| Athletic | Grateful | Outgoing | Trustworthy |
| Authentic | Helpful | Patient | Understanding |
| Brave | Honest | Peaceful | Uniting |
| Caring | Hopeful | People skills | Visionary |
| Charming | Humble | Perseverant | Volunteer |
| Clever | Humorous | Persistent | Warm |
| Communicative | Idealistic | Persuasive | Wise |
| Compassionate | Independent | Practical | |
| Confident | Industrious | Precise | Write in more: |
| Considerate | Ingenious | Prioritizer | |
| Courageous | Inspiring | Prudent | |
| Creative | Instructing | Questioning | |
| Critical thinker | Integrity | Resolute | |
| Curious | Intelligent | Respectful | |
| Dedicated | Kind | Responsible | |
| Determined | Knowledgeable | Self-controlled | |
| Disciplined | Leader | Self-assured | |
| Educated | Lively | Serious | |
| Empathetic | Logical | Simple | |
| Energetic | Loving | Social intelligent | |
| | Always learning | Speaking presence | |

HOT OFF THE PRESSES...

You are an incredible person full of character strengths: the best parts of you that make you feel energized, help you reach goals, and communicate your values.



Your local paper is writing a story about how you recently used your greatest strength. Write the headline and a few sentences of the story below.



DAILY NEWS

World • Business • Finance • Lifestyle • Travel • Sports • Weather

10.10.2021

Nº 7674177203



MY FAMILY STRENGTH TREE

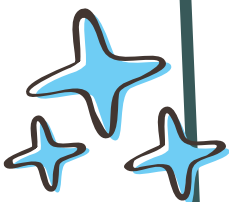


Write your family's last name in the center of the tree. Between the branches, write the names and strengths of your family members. Do you see any strengths that everyone in your family has? Write them in the roots of the tree!

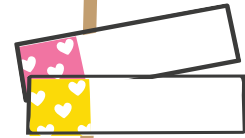
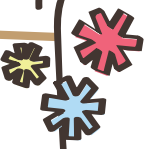


I share this strength
with my family:

This is how we use
this strength:



I'm the only one in
my family with this
strength: -----
This is how I used it last:

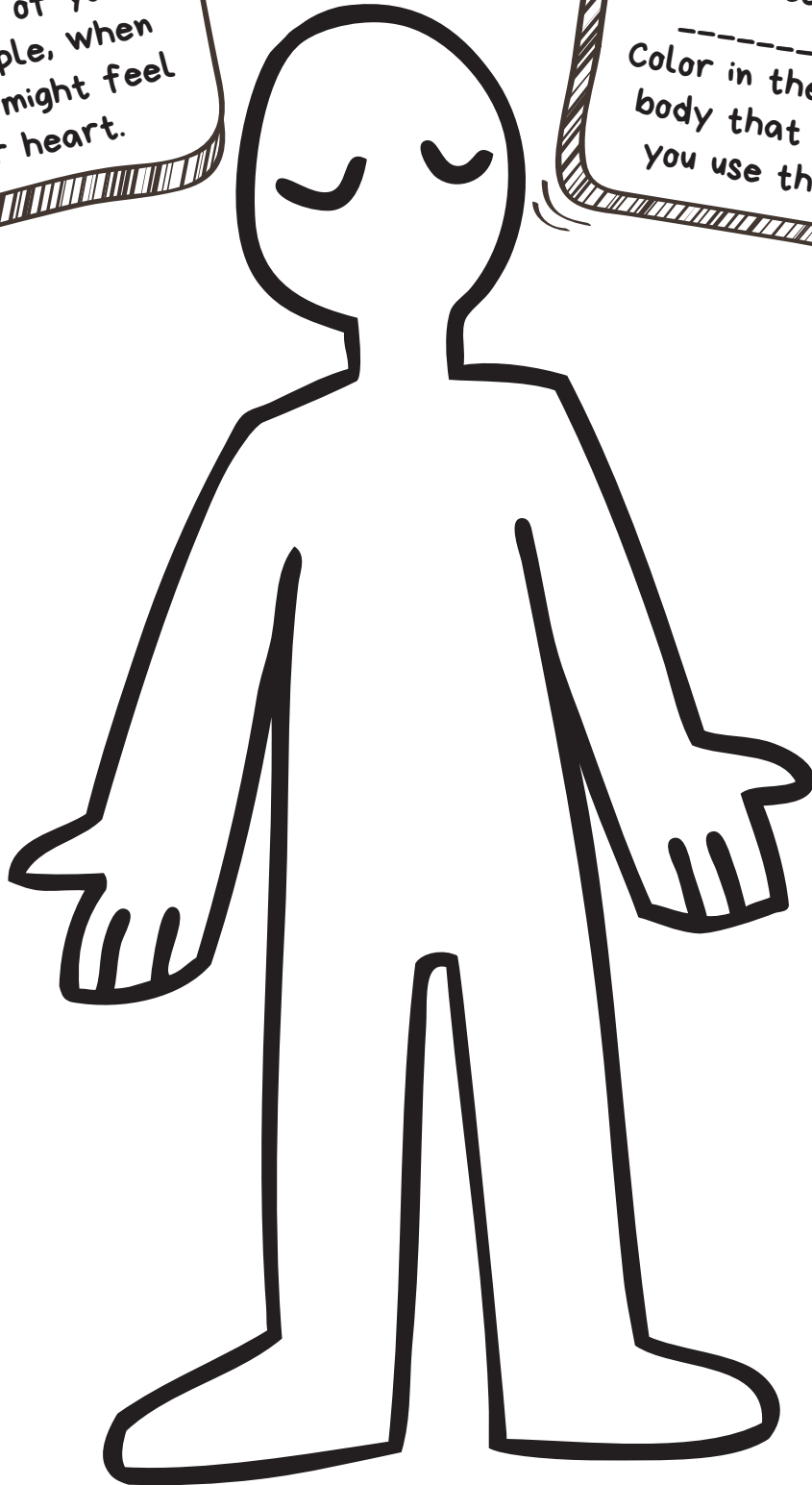


STRENGTHS LIGHT YOU UP!

When you use a strength, you can activate or use different parts of your body. For example, when you're kind, you might feel that in your heart.

Think of a strength you recently used:

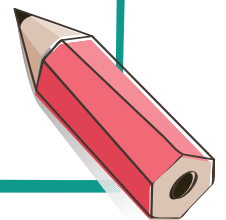
Color in the parts of your body that light up when you use that strength!



Today, I noticed this person using this strength:

Go strength spotting! Notice when someone else uses a strength.

This is what happened when they used that strength:



You and all of your friends have strengths! Write the names of some of your friends and their strengths below.
Do you see patterns of strengths in your friendships?

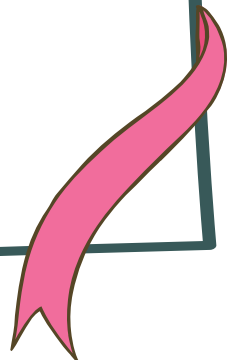


Which one of your friends has a strength no one else has? _____
Is there a strength all of your friends have in common? _____

This strength motivates people: -----
Here is why I think it's motivating:



If I could pass one strength on to everyone I know, I would choose: -----
Here's why:



My friends ask me for advice
because I have this strength:



The last time I gave advice using this
strength, this is what happened:



USING MY

STRENGTHS



Different situations
can call for
different strengths.
How do you use
your strengths?

When I face a challenge, I'm able to
overcome it because of this strength:

CHALLENGES

When I need to make a big decision,
I can rely on this strength:

DECISIONS

This strength helps me when I'm feeling worried about something:

WORRIES



This strength is useful when it comes to completing tasks and school assignments:

TASKS

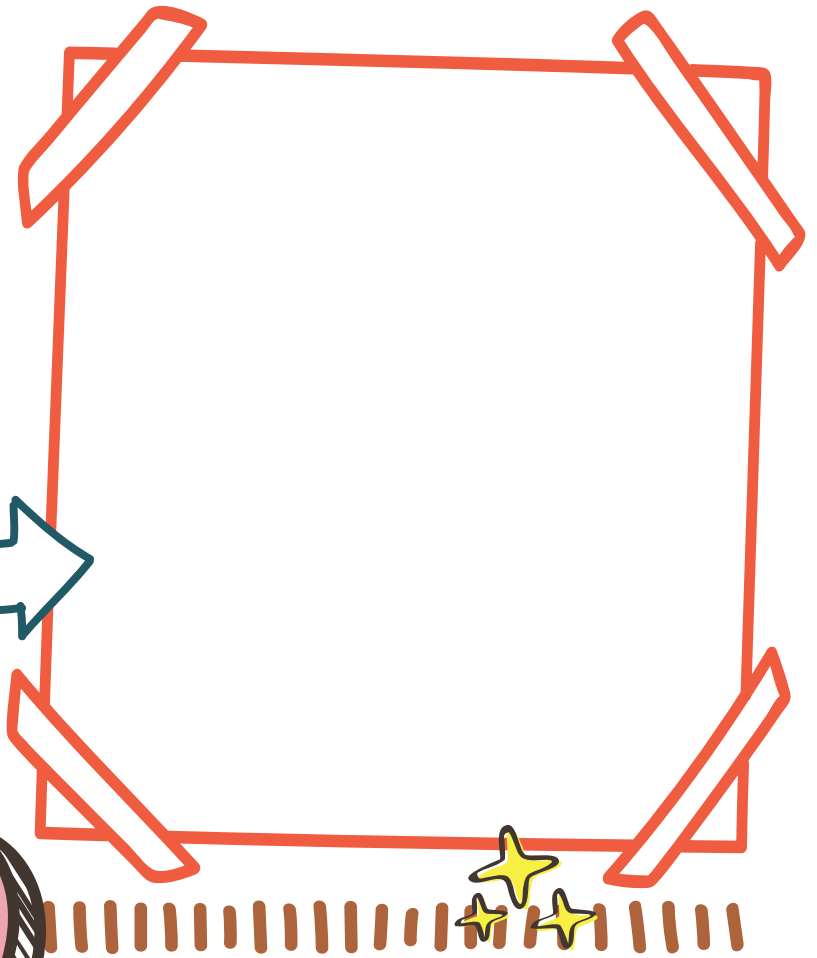


Practicing this strength makes me happy:

HAVING FUN



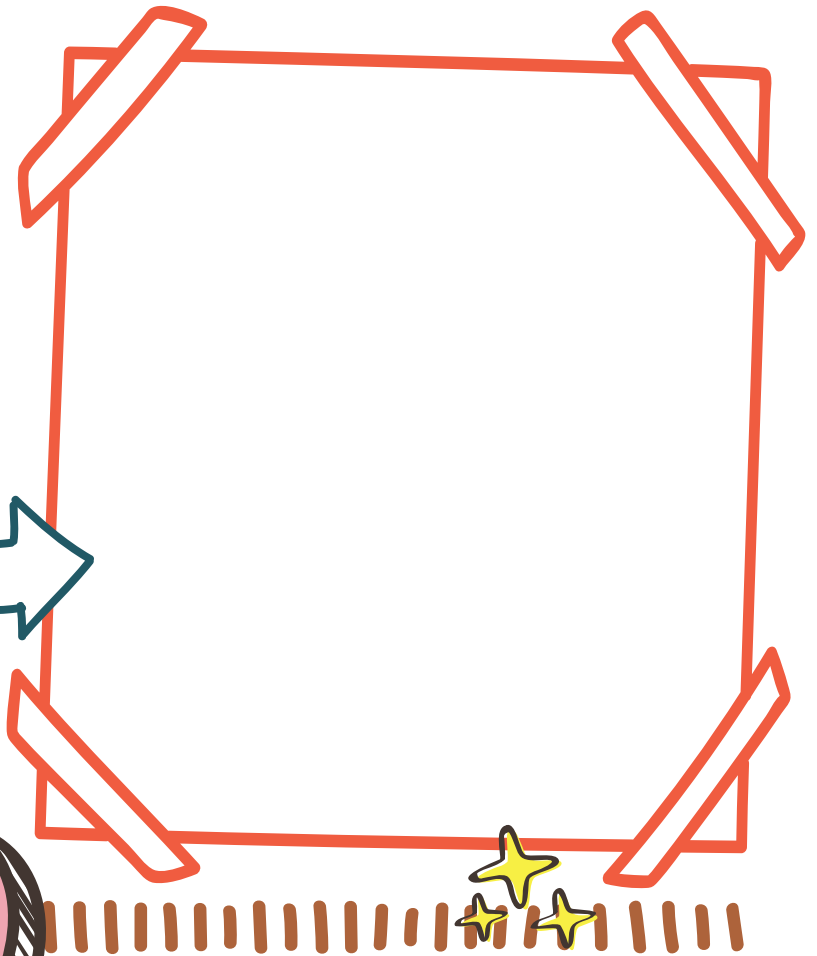
Pick a real-life hero you admire.
Draw their picture here.



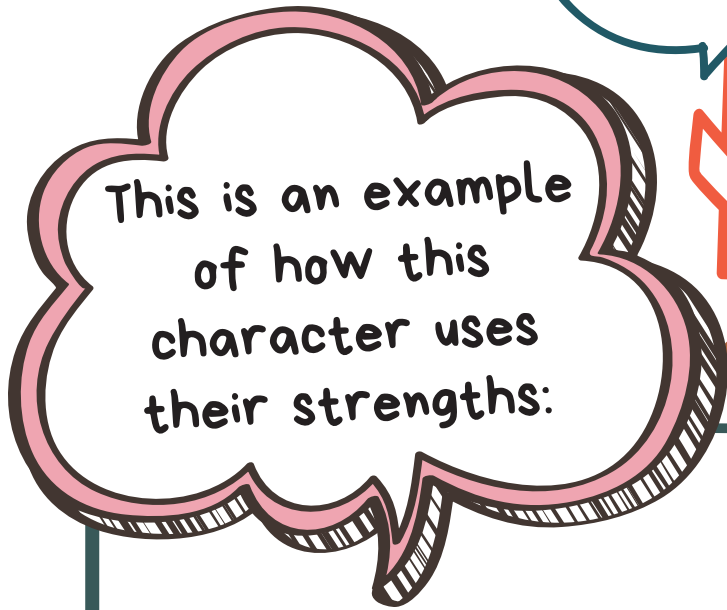
This is an example
of how this hero
uses one of their
greatest strengths:



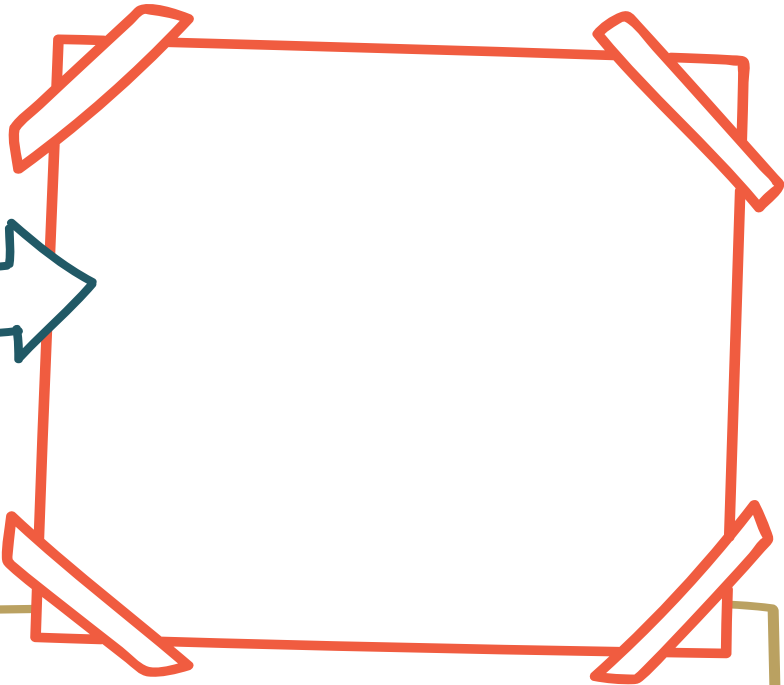
Think about your favorite fictional character. Draw their picture here:



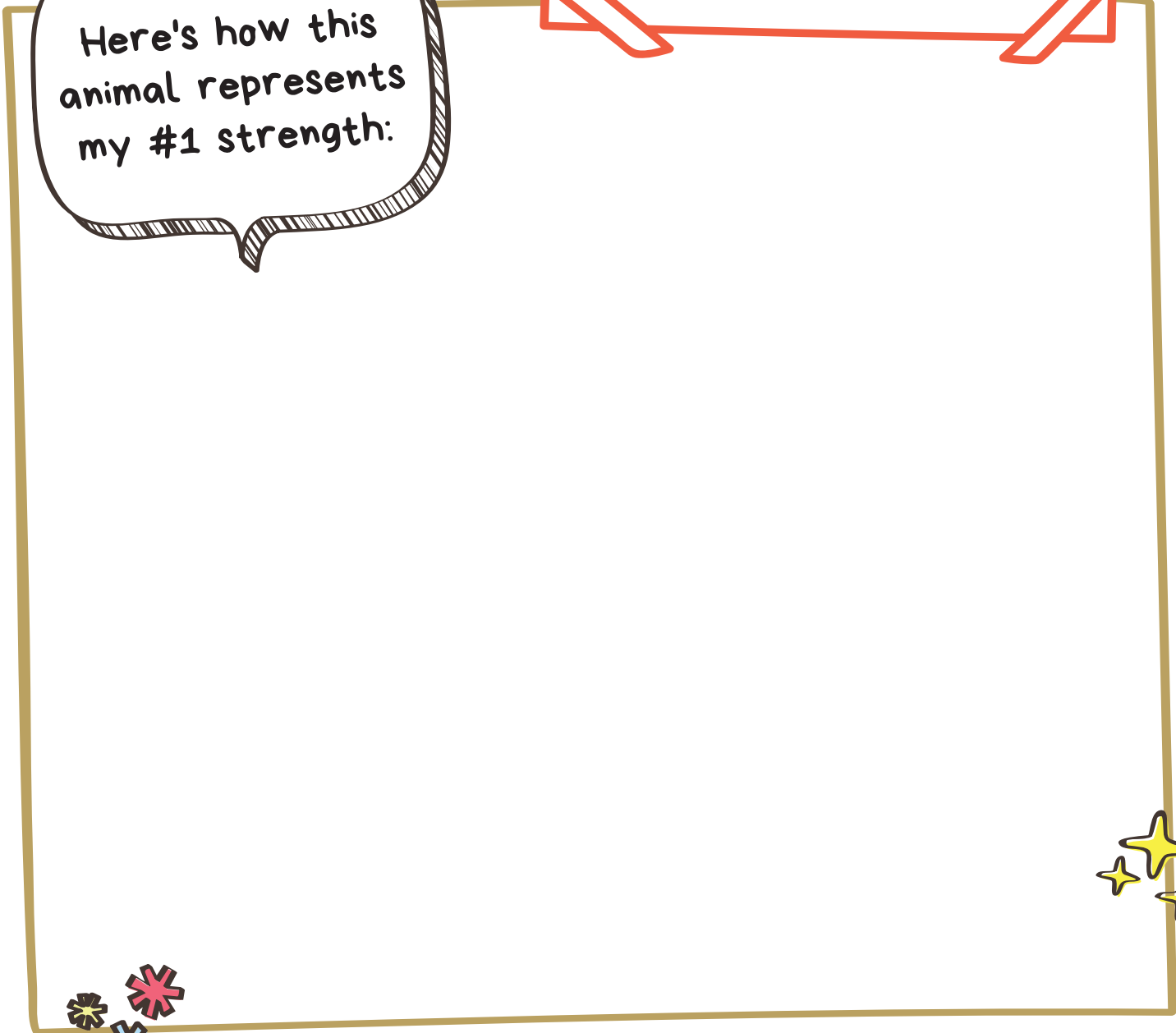
This is an example of how this character uses their strengths:



If my #1 strength
was represented
by an animal, it
would be this one:
(Draw it here!)



Here's how this
animal represents
my #1 strength:



MY SECRET STRENGTH



This is a strength that most people don't know I have:

Most people don't know I have this strength because:

This is a time I surprised others by using this strength:



TERMS OF SHARING THE

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

[GoZen! Programs](#) help kids **Manage Stress and Build Resilience**

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



[GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



[GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



[GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



[GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



[GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



[GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



[GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!