

## Focus on Your Strengths

**You can do many things to help fight the stigma associated with moodiness. You can focus on your strengths rather than your limitations. Demonstrate to others that you have a great deal to offer. In the spaces that follow, identify some of your strengths. You have much to share, so take a few minutes to think about and write about some of your greatest strengths.**

My strengths related to working:

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My strengths related to relationships with others:

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My strengths related to education and training:

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My strengths related to creativity:

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My strengths related to special skills I possess:

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How can you share these strengths to show others that even though you may be moody, you are still a capable, talented human being?

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