

Bobcat Breakthroughs

Strengths Reflection

After you complete the VIA Strengths Assessment on the Bobcat Breakthroughs Strategies website, please complete the following prompts:

List your top five strengths here (they don't all have to relate to academics):

1. _____
2. _____
3. _____
4. _____
5. _____

Write down your top three strengths and a time you used each of them. How did you feel about yourself and others when you used these strengths?

Strength #1

Strength #2

Strength #3
