

Table 1. Personal Strengths Grid

Sources of Information Regarding Strengths:

Youth's Name: _____

 Youth Interview Caregiver Interview Other

Age: _____

 Teacher Interview Observation

Strength Domain	Social	Academic	Athletic
Capacities	<ul style="list-style-type: none"> <input type="checkbox"/> Initiates relationships with ease <input type="checkbox"/> Sustains relationships over time <input type="checkbox"/> Good interpersonal boundaries <input type="checkbox"/> Relates well with peers <input type="checkbox"/> Relates well with adults <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Good reading skills <input type="checkbox"/> Good writing skills <input type="checkbox"/> Good math skills <input type="checkbox"/> Good verbal skills <input type="checkbox"/> Good computer skills <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Good at team sports (e.g. basketball, football, baseball) <input type="checkbox"/> Good at independent or non-competitive sports (e.g. swimming, gymnastics, jogging, rock-climbing, yoga) <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>
Interests	<ul style="list-style-type: none"> <input type="checkbox"/> Wants to have friends <input type="checkbox"/> Wants relationships with caring adults <input type="checkbox"/> Wants to belong to peer groups, clubs <input type="checkbox"/> Likes to help others <input type="checkbox"/> Enjoys caring for animals <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Enjoys reading <input type="checkbox"/> Enjoys writing <input type="checkbox"/> Enjoys math or science <input type="checkbox"/> Enjoys computers <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Wants to play team sports <input type="checkbox"/> Wants to learn individual or non-competitive sports <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>
Resources	<ul style="list-style-type: none"> <input type="checkbox"/> Has close (pro-social) friend(s) <input type="checkbox"/> Has access to adult mentor <input type="checkbox"/> Has access to naturally occurring groups, clubs, volunteer work, opportunities etc. <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Has access to opportunities to display, share, or enhance academic abilities <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> School offers athletics programs <input type="checkbox"/> Neighborhood offers athletics programs <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>

Personal Strengths Grid (Continued)

Strength Domain	Artistic/Creative	Mechanical	Cultural/Spiritual
<p>Capacities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talent in visual arts (drawing, painting, etc) <input type="checkbox"/> Talent in performing arts (singing, dancing, drama, music, etc.) <input type="checkbox"/> Skills in domestic arts (cooking, sewing, etc.) <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Able to assemble & disassemble bikes, appliances, computers, etc. <input type="checkbox"/> Skills in using tools for carpentry, woodworking, etc. <input type="checkbox"/> Skills in car maintenance/repair <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Knowledge of own heritage <input type="checkbox"/> Knowledge of spiritual belief system <input type="checkbox"/> Practices cultural/spiritual customs/rituals <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>Interests</p> <ul style="list-style-type: none"> <input type="checkbox"/> Desires to develop talent in visual arts <input type="checkbox"/> Desires to develop talent in performing arts <input type="checkbox"/> Desires to develop talent in domestic arts <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Enjoys fixing appliances, etc. <input type="checkbox"/> Enjoys building, woodworking <input type="checkbox"/> Enjoys working on cars or desires to learn mechanics <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Likes to attend church or other place of worship <input type="checkbox"/> Desires to learn about own heritage <input type="checkbox"/> Desires to participate in cultural or spiritually oriented activities <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>Resources</p> <ul style="list-style-type: none"> <input type="checkbox"/> School offers programs in type of art preferred <input type="checkbox"/> Neighborhood offers programs in type of art preferred <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> School offers vocational program in mechanical area of interest/skill <input type="checkbox"/> Has opportunity to serve as apprentice in mechanical area of choice <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Connected to place of worship <input type="checkbox"/> Has access to opportunities to participate in culturally oriented activities <p>Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p>	

Other strengths: _____

Completed by: _____

Date: _____

Supervisory Review: _____

Date: _____