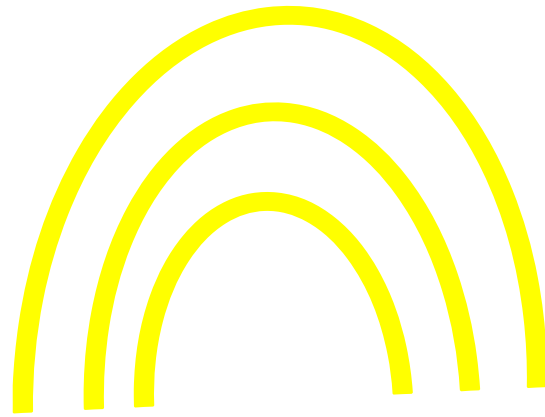




Positive Assets in Recovery

Identifying Your Positive Assets

Recovery is not just about what we leave behind, it's also about the strengths, skills, and qualities we bring with us. Recognizing your positive assets can help build confidence, resilience, and motivation. Use this worksheet to reflect on what makes you strong and capable.

Personal Qualities

Think about the traits that help you in recovery and in life.
Circle the ones that apply to you or write in your own.

Examples of personal assets:

- Honest
- Caring
- Responsible
- Patient
- Hopeful
- Creative
- Determined
- Kind
- Hard-working
- Open-minded
- Courageous
- Loyal
- Flexible
- Optimistic

My top 5 personal qualities are:

1.

2.

3.

4.

5.

Skills & Talents

Everyone has unique abilities that make them valuable.
Reflect on your talents and skills.

Examples of skills and talents:

- Good listener
- Cooking
- Problem-solving
- Artistic (drawing, writing, etc)
- Organizing
- Sports/physical activities
- Teaching/mentoring
- Leadership
- Gardening/nature skills
- Handyman/technical skills
- Communication
- Conflict resolution

My strongest skills and talents are:

1.

2.

3.

4.

5.

Past Successes

Remembering times when you overcame challenges builds confidence in your ability to succeed again.

Questions to reflect on:

- What is one challenge I've overcome in the past?
- What did I do to succeed?
- What strengths did I use?

My past success story:

My Positive Asset List

Write a list of all the positive assets you identified above.
Keep this list somewhere you can return to when you need
encouragement.

1.

2.

3.

4.

5.

6.

7.

Reflection

How can I use my positive assets in my recovery journey today?