

## **Strengths, Gifts, & Capacities:**

**Strengths:** Valuable or useful abilities, assets, or qualities.

**Gifts:** Special talents or natural ability that you seem to have been born with, especially an artistic ability or social skill.

**Capacities:** Areas of potential growth, development, or accomplishment, such as your physical, mental or financial power to accomplish something.

<b>My Strengths, Gifts, &amp; Capacities</b>
<b><u>Strengths:</u></b>
<b><u>Gifts:</u></b>
<b><u>Capacities:</u></b>