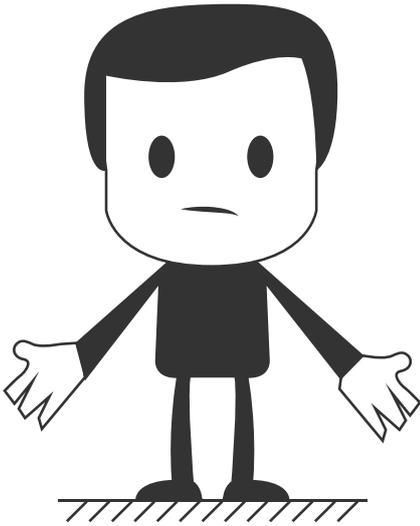


## What Are My Assets?

Personal Treasure Hunt

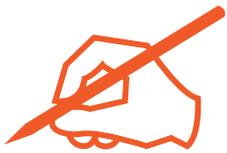
# All About Accepting Myself



## What Are Assets?

Assets are positive qualities we possess and skills we have developed. These traits are unique to every individual and they differ from person to person.

Self-awareness or knowing our own assets can help us understand ourselves better. It allows us to see ourselves in a more positive light and as individuals who can contribute to society. Being able to recognise our assets also helps us build self-esteem and be more confident of ourselves.



## My Greatest Asset

This activity provides you the opportunity to realise your assets that you may be unaware of. The more assets you are able to identify, the easier it is for you to use and develop these skills and qualities.

1. On a piece of paper, write down as many personal assets as you can think of within 2 minutes. Focus on the positive, and write your strengths in any one of these areas: personality, relationships, schoolwork, appearance, art, sports and other daily activities.
2. Describe your asset in detail, and how it's useful or affects your life and those around you. Eg. "Humorous": "I'm funny and often make parties lively." Or "I'm funny and my friends enjoy being with me."
3. Think that's all? Check out our list of strengths below and surprise yourself with more assets you didn't know you have!
4. There's more! Remember that this list of assets is not complete. Add on to the list when you recall or discover new assets about yourself.

*Food for thought: What can I do about my assets?*

*Make plans to strengthen your assets by doing something about them, e.g. "I am good at music, so I will take up music lessons."*

# List of Strengths



## Capacity to love and be loved

You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.



## Zest, enthusiasm, and energy

Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or half-heartedly. For you, life's an adventure.



## Curiosity and interest in the world

You are curious about everything, always asking questions. You like to explore and discover, and you find all subjects and topics fascinating.



## Love of learning

Be it in a class or on your own, you love learning new things. You have always loved school, reading, museums — anywhere and everywhere that gives you an opportunity to learn.



## Kindness and generosity

You are kind and generous to others, and you are never too busy to do a favour. You enjoy doing good deeds for others, even if you do not know them well.



## Spirituality, sense of purpose, and faith

You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.



## Humour and playfulness

You like to laugh and tease, and bringing smiles to other people is important to you. You try to see the light side of all situations.



## Appreciation of beauty and excellence

You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life—from nature to art, mathematics to science, and every day experiences.



## Modesty and humility

You do not seek the spotlight and prefer to let your accomplishments speak for themselves. You do not see yourself as special, and others recognise and value your modesty.



## Citizenship, teamwork, and loyalty

You excel as a member of a group. As a loyal and dedicated teammate, you always do your share and work hard for the success of your group.



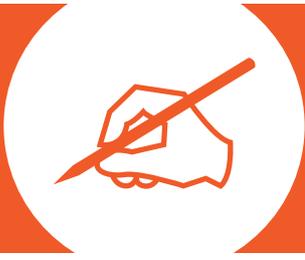
## Creativity, ingenuity, and originality

Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.



## Hope, optimism, and future-mindedness

You expect the best in the future and you work to achieve it. You believe that the future is something that you can control.



Let's Practice:

# Discover Your Treasure Box of Strengths!

Here's another simple way to help discover your personal assets and strengths. Complete the sentences below in the most positive way that you can to create your own Strength Card!

<p>✂</p> <p><b>I may not excel in everything but I am quite confident in my ability to</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>I can focus on the good things I've done and they are</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>I am a good child/sibling/friend/worker because</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>Give yourself three compliments today</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>Life is not a bed of roses but I</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>My body is not perfect but I like</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p><b>about myself.</b></p>

**Make a friend smile today!**  
Write a note to let them how special they are.

✂

**You are awesome because**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_