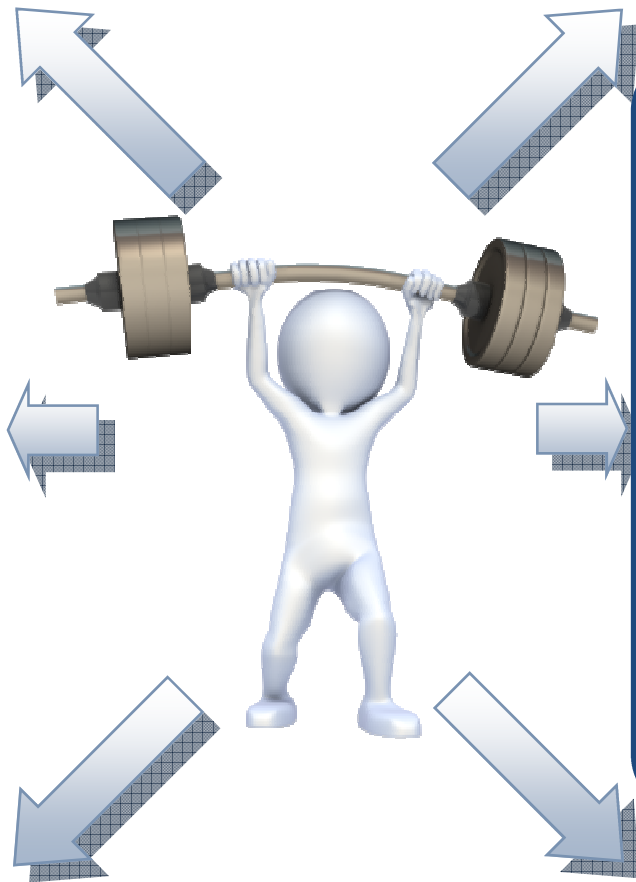# What are your strengths?

## Social Relationships

## Health and Physical

## Problem Solving / Coping

## Values and Beliefs



## Emotions and Temperament

## Work or Skills

How useful was this map and discussion?
NOT Useful  1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10  VERY Useful        www.somaconsultancy.co.uk