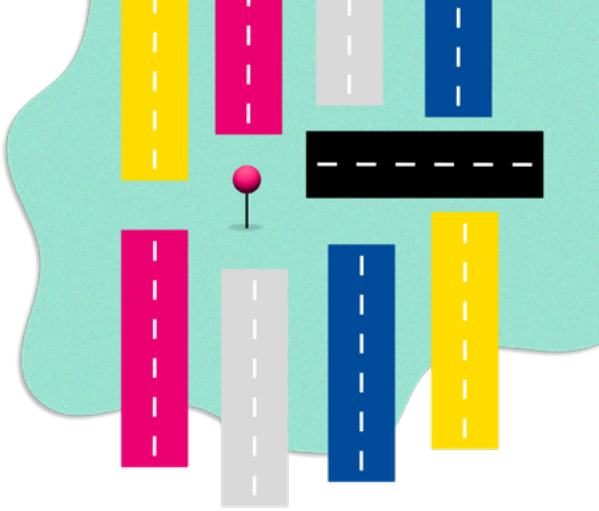

Brainstorming Worksheet:
Discovering Your Strengths & Future Goals

Planning your future can feel overwhelming, but taking small steps now can help you keep your options open and make confident choices. Follow this timeline to stay on track!

What Are Your Strengths?

Think about the things you're good at, the subjects you enjoy, and the activities that make you feel confident.

What are three things you're really good at? (These could be school subjects, hobbies, or personal qualities.)

1. _____
2. _____
3. _____

Note to self

What is something new you would love to learn?

_____

How do your strengths help you in school or in life?

_____

Who Inspires You? (mentorship and role models)

Think about people who have overcome challenges and succeeded.
They could be someone you know personally or a famous person you admire.

Name a person (famous or someone in your life) who inspires you:

_____

What challenges did they overcome?

_____

What can you learn from their journey?

_____

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Advocating for Yourself

Being able to speak up for what you need is an important skill. Let's practice!

Think about a time when you successfully advocated for yourself. Perhaps it was at home, at school, or with friends. What gave you the courage to speak up in that moment?

How did standing up for yourself change the outcome of the situation?

What did you learn about yourself through this experience that you can apply to future situations?

Remember that your needs are valid, and expressing them clearly helps others know how to support you. What specific words or phrases can you prepare to confidently express your needs next time you want to advocate for yourself?

Goal Setting & Growth Mindset

Setting goals can help you turn your dreams into reality! Let's break it down.

What is one goal you have for this school year? (Example: Improve in math, join a club, make new friends, etc.)

What are three small steps you can take to reach your goal?

1.

2.

3.

Think about a challenge you faced in the past. How did you overcome it?

If you could give yourself advice about facing challenges, what would you say?

Note to self

Creative Reflection

Draw, write, or create something that represents your strengths, goals, or dreams! It could be a vision board, a doodle of your future career, or a short motivational quote you create for yourself.

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