

# Strengths Assessment

<b>Client Name:</b>  Juan	<b>Worker Name:</b>	<b>Meeting Frequency:</b>
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<b>Current Strengths:</b> What are my current strengths? (i.e. talents, skills, personal and environmental strengths)	<b>My Desires and Aspirations:</b> What do I want?	<b>Past Resources – Personal, Social, &amp; Environmental:</b> What strengths have I used in the past?
<b>Home/Daily Living</b>		
<i>I have my own place – close to my job so I don't need a car right now</i>  <i>Learning how to cook for myself -</i>	<i>I want to save up for a car</i>	<i>I have had my own place</i>  <i>Used to live with my wife and kid – I liked being part of a family even though it is stressful</i>
<b>Assets - Financial/Insurance</b>		
<i>Have a checking account</i>  <i>Working Healthy program allows me to keep my benefits</i>  <i>I get an employees discount on anything I purchase at Wal-mart</i>		<i>\$ from past jobs</i>  <i>Bartered auto help for \$ and other things I needed</i>
<b>Employment/Education/Specialized Knowledge</b>		
<i>Currently working at Walmart in automotive</i>  <i>Have my GED</i>	<i>I want to check into automotive school</i>  <i>Slowly build up my toolbox to what it was</i>	<i>Took auto classes in high school</i>  <i>Worked for brother</i>  <i>Used to have an impressive tool box</i>
<b>Supportive Relationships</b>		
<i>AA meetings at Central Christian Church – these guys keep me accountable.</i> <i>Jerry – guy in AA who lives in my apartment complex – I help him with his car and he takes me where I need to go</i> <i>Mike – my AA sponsor – one of the few people who gets me</i> <i>Mike – my drug and alcohol counselor – teaching me useful ways to deal with stress and anxiety</i> <i>Rick – my CM – hung in there with me during some really low times</i>	<i>I want a relationship with my daughter</i>	<i>daughter – joy of my life.</i>  <i>Brother – we used to be close. He looked out for me</i>  <i>My dog Rusty – used to go with me everywhere</i>

Wellness/Health		
<p><i>Tegretol helps keep me balanced</i></p> <p><i>BuSpar helps with the anxiety</i></p> <p><i>Sitting out on my balcony is relaxing</i></p>		<p><i>Inpatient alcohol treatment helped me get straightened out</i></p>
Leisure / Recreational		
<p><i>Got a TV – catching up on shows I have missed.</i></p>		<p><i>I'm good at pool</i></p> <p><i>Used to have my own cue – could hustle some money every so often</i></p>
Spirituality/Culture		

*What are my priorities?*

- |   |                   |
|---|-------------------|
| 1. I want a relationship with my daughter | 3. I want to live |
| 2. I want to work                         | 4.                |

**What is most important and meaningful to me in my life right now:**

On a scale of 1 (very dissatisfied) to 5 (very satisfied), how satisfied are you with...					
Your current housing situation?	1	2	3	4	5
Your current employment situation?	1	2	3	4	5
Your current education situation?	1	2	3	4	5
The supportive relationships currently in your life?	1	2	3	4	5
Your current amount of community involvement?	1	2	3	4	5

1 = Very dissatisfied, 2 = Somewhat dissatisfied, 3 = Neither satisfied nor dissatisfied, 4 = Somewhat satisfied, 5 = Very satisfied