

# Strengths Assessment

<b>Client Name:</b>	<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>		
<b>Assets - Financial/Insurance</b>		
<b>Employment/Education/Specialized Knowledge</b>		
<b>Supportive Relationships</b>		

<b>Wellness/Health</b>		
<b>Leisure / Recreational</b>		
<b>Spirituality/Culture</b>		

*What are my priorities?*

- |    |    |
|----|----|
| 1. | 3. |
| 2. | 4. |

<b>What is most important and meaningful to me in my life right now:</b>
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<b>On a scale of 1 (very dissatisfied) to 5 (very satisfied), how satisfied are you with...</b>					
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