



**FIRST:** Think about each Personal Asset on the list below. Read the qualities and strengths that are associated with the 5 types of Personal Assets.

**SECOND:** Circle 3 of the qualities or strengths that best describe you for each asset category.

**THIRD:** Discover the star you are by writing the three strengths or qualities you possess under each of your Personal Assets. Place your photo in the center of the star. You may want to copy your star onto another piece of paper or poster board and hang it up someplace where you can see it every day. Be sure to take a good look at your ABT stars and see the amazing person you are.

**1**

**Your Mind:**

- alert
- decisive
- learns well
- solves problems
- reads well
- open-minded
- creative
- imaginative
- sense of humor
- analytical

**2**

**Your Heart:**

- caring
- compassionate
- helpful
- agreeable
- friendly
- loyal
- devoted
- peacemaker
- patient
- tolerant

**3**

**Your Body:**

- energetic
- attractive
- strong
- healthy
- flexible
- well-rested
- well-nourished
- beautiful
- lean
- fit

**4**

**Your Spirit:**

- honest
- faithful
- fair
- trustworthy
- abundant
- grateful
- resilient
- vibrant
- enduring
- authentic

**5**

**Your Skills:**

- athletic
- artistic
- gardening
- cooking
- musical
- singing
- speaking
- technical
- dancing
- writing

**SEE THE STAR YOU ARE.**

I. Your Mind:

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