



Individual Strengths Plan (ISP)

Name - Age - Date

What subjects in school do you want to do well in?

What are your favorite sports to play and why?

Do you like participating in the arts: drama, singing, poetry, dancing, art, etc.?

What do you think you do well in life?

What are some things that you do that make you feel good about yourself?

Name what you think are some of your positive qualities?

What are some of the positive things you have heard people say about you?

What do you see yourself doing in life: job, married, college, armed forces, etc.?

Who do you look up to and why: athletes, leaders, family, performers, etc.?

What are your dreams for the future?
