

INTERESTS, STRENGTHS & ABILITIES WORKSHEET



RESPECT • REFLECT • REBUILD • RECOVER

Recovery is about more than identifying challenges—it is also about recognizing the strengths, abilities, interests, experiences, and qualities that make you who you are. This worksheet is an opportunity to reflect on what you are good at, what you enjoy, what matters to you, and the strengths you can draw on as you work toward your recovery goals. There are no right or wrong answers. Take your time, be honest with yourself, and remember that all of your experiences, strengths, interests and abilities have value.

1. My Interests

Our interests can tell us a lot about who we are. The things we enjoy, the subjects we are curious about, and the activities that capture our attention can provide opportunities for enjoyment, connection, purpose, learning, and personal growth.

Think about what interests you—not just what you currently have time for. Some interests may be things you already do, while others may be things you used to enjoy or would like to explore in the future.

What are you interested in?

Check any that interest you. Add your own ideas in the spaces provided.

☐ EXERCISE	☐ ART	☐ HELPING OTHERS	☐ SPORTS
☐ READING	☐ NATURE	☐ COACHING	☐ MUSIC
☐ SOCIALIZING WITH FRIENDS/FAMILY	☐ BUILDING/DIY	☐ VOLUNTEERING	☐ MECHANICS
☐ WATCHING TV/MOVIES	☐ GAMING	☐ FASHION	☐ PODCASTS
☐ LEARNING	☐ POLITICS	☐ NIGHTLIFE	☐ BUSINESS/FINANCE
☐ FAITH/SPIRITUALITY	☐ CULTURE	☐ DANCING	☐ ANIMALS
☐ OTHER:	☐ OTHER:	☐ OTHER:	☐ OTHER:

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What are some things you could spend hours doing when you are interested or engaged?

What topics could you talk about for a long time because they interest you?

What are some activities that make you lose track of time?

What did you enjoy doing when you were younger?

Are there any interests or activities you used to enjoy that you have stopped doing?

Would you like to reconnect with any of these interests? Why?

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Is there something you have always wanted to try, learn, or experience?

What is one new activity or interest you would be willing to explore?

My Top Interests

Looking back at this section, identify 4 interests that are meaningful or important to you right now.

1.

2.

3.

4.

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How Could My Interests Support My Recovery?

Interests can provide healthy ways to spend time, connect with others, manage stress, develop confidence, build a sense of purpose, and create positive experiences.

Which of your interests could become part of your recovery or wellness routine?

Is there an interest you would like to spend more time developing in recovery?

What is one small step you could take toward doing something you enjoy?

How can engaging in your interests support your recovery?

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2. My Strengths & Abilities

Everyone has strengths, abilities and skills. Some are learned through work, school, hobbies, relationships, or life experiences. Others may come naturally or become strengths through practice.

You may have abilities that you take for granted because they seem easy or ordinary to you. This section is an opportunity to recognize the things you know how to do, do well, or have learned through experience.

There is no need to have formal training or a certificate for something to count as a skill.

Check any of the following strengths, abilities or skills you may have or have experience with. Add your own ideas in the spaces provided.

☐ COOKING	☐ ORGANIZING	☐ SEEING DIFFERENT PERSPECTIVES	☐ LEARNING NEW INFORMATION
☐ RESPONSIBLE	☐ TAKING INITIATIVE	☐ ADAPTABILITY	☐ OPENMINDED
☐ OBSERVANT	☐ LEARNING FROM MISTAKES	☐ COMPUTERS	☐ MECHANICS
☐ PHYSICAL LABOUR	☐ CUSTOMER SERVICE	☐ WORKING WELL WITH OTHERS	☐ COMMUNICATION
☐ LISTENING	☐ INSTILLING CONFIDENCE	☐ MAKING PEOPLE FEEL COMFORTABLE	☐ BUSINESS/FINANCE
☐ BUILDING RELATIONSHIPS	☐ SETTING BOUNDARIES	☐ ASKING FOR HELP	☐ NAVIGATING CONFLICT
☐ EXPLAINING THINGS	☐ CREATIVE THINKING	☐ CRITICAL THINKING	☐ REMEMBERING DETAILS

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☐ THINKING THINGS THROUGH	☐ DECISION MAKING	☐ PLANNING	☐ MACHINERY
☐ READING	☐ TALKING TO PEOPLE	☐ COACHING/LEADING	☐ PROBLEM SOLVING
☐ TIME MANAGEMENT	☐ WORKING UNDER STRESS	☐ FOCUSED	☐ FLEXIBLE
☐ PERSISTENT	☐ IDENTIFYING OPPORTUNITIES	☐ SELF-AWARENESS	☐ EMOTIONAL REGULATION
NON-JUDGEMENTAL	☐ COMPASSIONATE	☐ SUPPORTING OTHERS	☐ WORKING WITH DIFFICULT PEOPLE
☐ WORKING WITH HANDS	☐ SUPERVISION	☐ SALES	☐ BUILDING/DIY
☐ GARDENING	☐ CLEANING	☐ TRIP PLANNING	☐ LANGUAGES

Strengths & Abilities I Have Learned Throughout Life

Think about the things you have learned outside of school or formal training.

What are some things you know how to do because of your life experience?

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What is something you can do that you had to teach yourself?

What is something other people often ask you for help with?

What is something that comes relatively naturally to you?

Strengths & Abilities Other People Recognize

Sometimes other people notice our abilities before we do.

What have friends, family members, coworkers, employers, or others told you that you are good at?

Have you ever been trusted with a responsibility because someone knew you could handle it? What was it?

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Strengths & Abilities I Have Developed Through Work

Think about current or previous jobs, volunteer work, or responsibilities.

What skills have you developed through employment or volunteering?

What responsibilities have you successfully handled?

Strengths & Abilities I Have Developed Through Challenges

Difficult experiences can sometimes develop abilities that we do not recognize as skills.

For example, someone who has experienced difficult circumstances may have developed the ability to adapt, problem-solve, advocate for themselves, persevere, or recognize when something is not working.

What have difficult experiences taught you how to do?

What skills have you developed through employment or volunteering?

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My Top Abilities

Looking back at this section, identify five strengths, abilities or skills you believe you can build on.

1.

2.

3.

4.

5.

What is one strength, ability or skill you would like to improve or learn?

Why would developing this ability be useful to you?

What is one step you could take toward developing it?
