



Council for
Intellectual Disability



My strengths **我的強項**

Conversation cards
對話用卡



My strengths cards 我的強項說明卡

These cards can help you think about your strengths.
這些卡片可以幫助你思考自己的強項。

Strengths are the things that come easy to you like being friendly or organised.
強項指對你來說輕而易舉的事情，比如與人為善、友好。

Knowing your strengths can help you choose a job that is right for you.
了解自己的強項有助於選擇適合自己的工作。



I am kind
我心地好



I am a leader
我是領導



I am curious
我有好奇心



I am flexible
我好靈活



I am organised
我有條不紊



I am friendly
我好友善



I am caring
我關心別人



I am honest
我好誠實



I am brave
我好勇敢



I am thoughtful
我考慮周全



I am creative
我富有創意



I am helpful
我樂於助人



I am energetic
我好有活力



I like teamwork
我鐘意團隊合作



I like to try new things
我鐘意嘗試新事物



I am calm
我好淡定



I like new ideas
我鐘意新想法



I am positive
我充滿正能量



I am on time
我好守時



I like to write
我鐘意寫作



I like to read
我鐘意閱讀



I like to public speak
我鐘意公眾演講



I am funny
我好風趣