

INSTRUCTIONS: Strengths can be hidden underneath a seemingly irrelevant ability or skill - let's identify some of them!

- Answer the questions in the sticky notes below and write down whatever pops into your mind.
- Where something is not an obvious 'strength' drill down by asking the questions, "What have I glossed over?", "How do I do that?" & "What skills must I have to be able to do/enjoy that?". Write these answers where it says Possible Strengths:

What were your 3 favourite subjects in school?
Write whatever pops into your mind

1. _____
2. _____
3. _____

Possible Strengths:

What do you yearn to do?
Our yearnings point to possible talents or skills that could be developed!

1. _____
2. _____
3. _____

Possible Strengths:

What do you get complimented on most? *Think broadly - this could be anything at all.*

1. _____
2. _____
3. _____

Possible Strengths:

What do you like about yourself? *Often we like what we're good at - write whatever you think of!*

1. _____
2. _____
3. _____

Possible Strengths:

What do you enjoy doing?
When do you lose your sense of time and get into flow?

1. _____
2. _____
3. _____

Possible Strengths:

What activities or tasks energize me? *What leaves you energized - even when it's hard work?*

1. _____
2. _____
3. _____

Possible Strengths:

What are you proud of?
Eg. an achievement, difficulty overcome, quality you have at home or at work.

1. _____
2. _____
3. _____

Possible Strengths:

What knowledge and life experience makes you unique?
Include things from your childhood to now.

1. _____
2. _____
3. _____

Possible Strengths:

What are some unusual skills you have? *What do you do, that you don't often see others doing?*

1. _____
2. _____
3. _____

Possible Strengths:

What patterns and themes do you notice? _____

List the Top 5 Strengths you notice from above:

1. _____ 2. _____
3. _____ 4. _____ 5. _____