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

- Answer the questions below & write down whatever pops into your mind. If something is not an obvious strength drill down by asking, "What have I glossed over?" & "What skills must I have to be able to do/enjoy that?".

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**What were your 3 favourite subjects in school?**

Write whatever pops into your mind

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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**What do you enjoy doing?**

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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**What yearnings point to possible talents or skills that could be developed?**

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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

1. ______________________
2. ______________________
3. ______________________

Possible Strengths: ______________________

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**What patterns and themes do you notice?**

____________________________________________________________________________________________________

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**List the Top 5 Strengths you notice from above:**

1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________