

# 5 QUESTIONS TO IDENTIFY

## *Your Unique Strengths & Talents!*

- 1 What do you *like most* about yourself?
- 2 What do *others admire*? What do you get complimented on most?
- 3 What do you *enjoy* doing? (we usually enjoy what we're good at!)
- 4 What do you *yearn* to do? (yearnings point to possible talents!)
- 5 What would not be like it is, if you had not been part of it? (eg. a project or volunteer effort)

Remember that strengths are transferable, so think broadly across your *whole* life.

**ACTION: PONDER THESE QUESTIONS OVER THE WEEK AHEAD & USE THEM TO MAKE A LIST OF YOUR STRENGTHS!**

