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?" and "What skills must I have to be able to do/enjoy that?".

What were your 3 favourite subjects in school?
Write whatever pops into your mind
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 patterns and themes do you notice?__________________________________________________________________________________________

List the Top 5 Strengths you notice from above:
1. ______________________________ 2. ______________________________
3. ______________________________ 4. ______________________________ 5. ______________________________