

Find Your Hidden Strengths

WORKSHEET



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?"



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?

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 - it 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 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. _____

