

Strengths Exploration

Those who know their strengths and use them frequently tend to have more success in several areas. They feel happier, have better self-esteem, and are more likely to accomplish their goals.

To use your strengths effectively, it's important to have a clear idea of what they are, and how they can be used. Some of your greatest strengths might be easy to recognize, while others go unnoticed because they feel ordinary to you (even if they aren't).

In this worksheet you will identify your strengths and ways in which you are already using them. Additionally, you will explore *new* ways to use your strengths to your advantage.

| Circle your strengths from the choices below, or add your own at the bottom. | | | |
|--|------------------|-----------------|------------------|
| Wisdom | Artistic Ability | Curiosity | Leadership |
| Empathy | Honesty | Open Mindedness | Persistence |
| Enthusiasm | Kindness | Love | Social Awareness |
| Fairness | Bravery | Cooperation | Forgiveness |
| Modesty | Common Sense | Self-Control | Patience |
| Gratitude | Love of Learning | Humor | Spirituality |
| Ambition | Creativity | Confidence | Intelligence |
| Athleticism | Discipline | Assertiveness | Logic |
| Optimism | Independence | Flexibility | Adventurousness |
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