

Strengths Exploration

Individuals who explore their strengths – *and use them frequently* – are more likely to succeed in multiple areas of their lives.

To use all of your strengths, you first have to be aware of them. Some of your strengths are easy for you to see, while other strengths might go unnoticed.

In this worksheet, identify your strengths – and the ways you already using them. You will also explore a few new ways to use your strengths.

Discover Your Strengths				
Mark each box that corresponds with your strengths.				
Wisdom	Creative	Artistic	Curiosity	Leadership
Kindness	Social Awareness	Fairness	Bravery	Cooperation
Forgiveness	Bravery	Patience	Spiritual	Logic
Gratitude	Love of Learning	Humor	Confidence	Integrity
Ambition	Discipline	Athleticism	Thinking Outside of the Box	Logic
Optimism	Independence	Flexibility	Assertiveness	Adventurous
Empathy	Honesty	Open Minded	Persistence	Enthusiasm
Your Own Strength:	Your Own Strength:	Your Own Strength:	Your Own Strength:	Your Own Strength:

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List the strengths you possess that help you in your relationships with friends and family.

Describe specific time your strengths were able to help you in a relationship.

Describe two new ways you could use your strengths in your relationships.

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List the strengths you possess that help you in your relationships with coworkers.

Describe specific time your strengths were able to help you at work.

Describe two new ways you could use your strengths in your professional life.



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List the strengths you possess that help you with personal fulfillment (hobbies, etc).

Describe specific time your strengths were able to apply to personal interests or hobbies.

Describe two new ways you could use your strengths in your personal life.