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 |

**Relationships**

**romantic relationships, friendships, and family**

|  |
| --- |
| **List the strengths you possess that help you in your relationships.** |
|  |

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

|  |
| --- |
| **Describe two new ways you could use your strengths in relationships.** |
| **1** |
| **2** |

**Profession**

**past or present work, school, or other professional endeavors**

|  |
| --- |
| **List the strengths you possess that help you in your profession.** |
|  |

|  |
| --- |
| **Describe a *specific* time your strengths were able to help in your profession.** |
|  |

|  |
| --- |
| **Describe two new ways you could use your strengths in your professional life.** |
| **1** |
| **2** |

**Personal Fulfillment**

**hobbies, interests, and pleasurable activities**

|  |
| --- |
| **List the strengths you possess that help you achieve personal fulfillment.** |
|  |

|  |
| --- |
| **Describe a *specific* time your strengths were able to help you with personal fulfillment.** |
|  |

|  |
| --- |
| **Describe two new ways you could use your strengths for personal fulfillment.** |
| **1** |
| **2** |