



## **INSTRUCTIONS**

Strengths can be hidden underneath a seemingly irrelevant ability or skill - let's identify some of them!

Where something is not an obvious strength drill down by asking the questions:

- What have I glossed over?
- How do I do that, and what skills must I have to be able to do all enjoy that?

Write these answers where it says "Possible strengths".

What were your three favourite subjects in school?  Write whatever pops into your mind  1 2 3 "Possible strengths":	What do you yearn to do? Your yearnings point to possible talents or skills that could be developed!  1 2 3 "Possible strengths":
What do you get complimented on most?  I think broadly this could be anything at all.  1	What do you like about yourself?  Often we like what we are good at write whatever you think of!  1
What do you enjoy doing?  when do you lose your sense of time and get into the flow?  1 2 3 "Possible strengths":	What activities or tasks energise me? What leaves you energised-even when it's hard work?  1 2 3 "Possible strengths":



What are you proud of?  For example and achievement, difficulty overcome, quality you have at home or at work.	What knowledge and life experience makes you unique?  Include things from your childhood now.
1	1
"Possible strengths":	"Possible strengths":
What are some unusual skills you have? What do you do, that you don't see others doing?	List the top five strengths you have noticed during this exercise.
	1
1	2
2	3
3 — "Possible strengths":	4
rossible strengths .	5