



**IDENTIFY  
YOUR HIDDEN  
STRENGTHS**



# IDENTIFY YOUR HIDDEN STRENGTHS

## 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 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**"Possible strengths":** \_\_\_\_\_  
\_\_\_\_\_

### What do you like about yourself?

*Often we like what we are 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 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":** \_\_\_\_\_  
\_\_\_\_\_

