

# Identify Your Hidden Strengths

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

- Answer the questions in the sticky notes below and write down whatever pops into your mind.
- Where something is not an obvious 'strength' drill down by asking the questions, "What have I glossed over?", "How do I do that?" & "What skills must I have to be able to do/enjoy that?". Write these answers where it says Possible Strengths:

## What were your 3 favorite subjects in school?

*Write whatever pops into your mind*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What do you yearn to do?

*Our yearnings point to possible talents or skills that could be developed!*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What do you get complimented on most? *Think broadly - this could be anything at all.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What do you like about yourself? *Often we like what we're 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 flow?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What activities or tasks energize me? *What leaves you energized - even when it's hard work?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What are you proud of?

*Ex. an achievement, difficulty overcome, quality you have at home or at work.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What knowledge and life experience makes you unique?

*Include things from your childhood to now.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

## What are some unusual skills you have? *What do you do, that you don't often see others doing?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Possible Strengths:

What patterns and themes do you notice? \_\_\_\_\_

List the Top 5 Strengths you notice from above: 1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_