



# 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 favourite 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?

Eg. 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. _____ | 5. _____ |