



Identifying Your Weaknesses

INSTRUCTIONS: Consider the scenarios below and what is difficult or draining for you.

Think about experiences where you felt frustration, lack of motivation, uncomfortable, drained of energy. What is it about these situations that caused you to struggle?

If you were being evaluated on how well you perform your various job duties and various life roles, what would be identified as areas for improvement? What makes these areas “less than satisfactory” for you?

Unearthing Additional Weaknesses

INSTRUCTIONS: Answer the questions below, writing down the first things that come to mind. Then, review your answers to each question and consider what weaknesses they may reflect. List all possibilities underneath *Possible Weaknesses* without judging whether they are true for you.

How would someone close to you describe what you struggle with?

1. _____

2. _____

3. _____

Possible Weaknesses:

What are you ashamed or embarrassed of about yourself?

1. _____

2. _____

3. _____

Possible Weaknesses:

What do you ask for help with most often?

1. _____

2. _____

3. _____

Possible Weaknesses:



What tasks do you frequently procrastinate on completing?

1. _____
2. _____
3. _____

Possible Weaknesses:

What do you dread doing every week?

1. _____
2. _____
3. _____

Possible Weaknesses:

What do you most hope people don't find out about you?

1. _____
2. _____
3. _____

Possible Weaknesses:

1. From all the possible weaknesses you identified above, list all the weaknesses that resonate for you or feel “true” to you.

2. When you review your list of weaknesses, where else in your life do you see these playing a role?



3. Now that you have identified some weaknesses, what is one thing for each that you could start doing, stop doing, or change to minimize its impact on your life?

4. How would you feel different minimizing your weaknesses in your daily activities?

5. How would your life look different if you used more of your Strengths AND minimized your weaknesses?

Moving Forward with Might!

What are you going to do to incorporate more of your Strengths and reduce the role of your weaknesses moving forward?
