



Uniquely You: Strengths

Strengths are more than just what you are good at. They are also about what you love to do. Realizing your Strengths and Uniquely-You qualities provides you the ability to leverage them in beneficial ways, makes your life less stressful and more productive, and ensures you are always doing more of what you love!

Identifying Your Obvious Strengths

INSTRUCTIONS: Consider the scenarios below and what Strengths or Uniquely-You qualities stand out.

Think about experiences where you felt excited, happy, confident, in the zone and lose track of time. What strengths or unique qualities were you utilizing?

Think about social interactions and engagements where you felt satisfied, connected, understood, in the zone and lose track of time. What strengths or unique qualities were you expressing?

Think about things you are good at, that you enjoy, that energize you, hobbies, passions, interests. What strengths or unique qualities do you exercise that make these activities enjoyable for you?

List all other strengths or unique qualities that have come to mind as you've worked through these scenarios.



1. How would your life look different if you used more of your strengths? How would you feel different using more of your strengths?

2. Now that you have identified some Strengths and Uniquely-You Qualities, how could you utilize them more in your personal and professional life?

3. What are you going to do to incorporate more of your Strengths moving forward?
