



INSTRUCTIONS: Answer the questions below, writing down the first things that come to mind. Then, review your answers to each question and consider what strengths or qualities are necessary to do/be/enjoy it. List all possibilities underneath *Possible Strengths* without judging whether they are true for you.

How would someone close to you describe you?

1. _____

2. _____

3. _____

Possible Strengths:

What do you get complimented on most?

1. _____

2. _____

3. _____

Possible Strengths:

What advice or help do people come to you for most frequently?

1. _____

2. _____

3. _____

Possible Strengths:

What skills have helped you overcome an obstacle?

1. _____

2. _____

3. _____

Possible Strengths:

What do you most look forward to every week?

1. _____

2. _____

3. _____

Possible Strengths:

What facts about yourself do you wish more people knew?

1. _____

2. _____

3. _____

Possible Strengths:

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



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

3. Now that you have identified some Hidden Strengths, how could you utilize them more in your personal and professional life?

4. How would your life look different if you used more of your Strengths?

5. How would you feel different using more of your Strengths?
