

Strengths Worksheet

Instructions: Use this worksheet to help you identify your strengths and leverage them for personal growth and success.

1. Reflect on your past successes

Think of times when you felt most accomplished or proud of yourself. What strengths, talents, and skills helped you to be successful? Write down 3 past accomplishments and the factors behind them.

- Success: _____

Skills: _____

- Success: _____

Skills: _____

- Success: _____

Skills: _____

Example:

Success: Getting promoted at work

Skills: Strong work ethic, ability to communicate effectively, attention to detail

2. Ask for feedback

Ask friends, family, and colleagues for feedback on what they think your strengths are. Write down their answers in the space below.

- _____

- _____

- _____

Example: Good listener, creative thinker, good at problem-solving

3. Consider your hobbies and passions

Think about the things you are passionate about. What do you love to do? Why? Write down your answers in the space below.

- Hobby: _____

Why: _____

- Hobby: _____

Why: _____

- Hobby: _____

Why: _____

Example:

Passions: Traveling, cooking, learning new languages

4. Identify your natural strengths

Think about what comes easily and naturally to you. What are things that you're good at without even trying? Write down your answers in the space below.

- _____

- _____

- _____

- _____

- _____

Example:

Talents: Public speaking, writing, leadership

5. Analyze your results

Look at all the answers you've written down and identify common themes. Now what are your top strengths overall? Write them down in the space below.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Example:

Top Strengths: Communication, Kindness, Determination, Leadership

6. Rate your strengths

Reflect on each of your strengths listed above and rate each one on a scale of 1-10 (1 = Beginner, 10 = Master).

Example:

Communication = 8, Kindness = 7, Determination = 9

Congratulations! You've completed the worksheet. Now you have a clear idea of what your real strengths, talents, and skills are. Make sure you use them to your advantage in the future!