

My Strengths Worksheet

Curiosity: You're open to new experiences and like to take a flexible approach to most things.

Love of Learning: You love learning new things.

Critical Thinking: It's important to you to think things through and to examine issues from all angles.

Originality: You excel in finding new and different ways to approach problems and/or to achieve your goals.

Emotional Intelligence You have a good understanding of yourself and of others. You are aware of your own moods and how to manage them. You're also very good at judging the moods of others and responding appropriately to their needs.

Perspective: Others seek you out to draw on your ability to effectively solve problems and gain perspective.

Bravery: You're prepared to take on challenges and deal with difficult situations even if unpopular or dangerous.

Perseverance: You do what you say and sometimes you even do more.

Honesty: You're honest, speaking the truth as well as living your life in a genuine and authentic way.

Kindness: You gain pleasure and joy from doing good deeds for others.

Loving: You place a high value on close and intimate relationships with others.

Loyalty: You are loyal and dedicated to your friends and family, always contributing your share and working hard for the good and success of the group.

Fairness: You give everyone a fair chance and do not allow your own personal feelings to bias your decisions about other people.

Leadership: You're a good organizer and you're good at making sure things happen.

Self-Control: You can easily keep your desires, needs and impulses in check when necessary or appropriate.

Caution: You're a careful person. You look before you leap. You rarely, if ever, say or do things you later regret.

Modesty: You're happy for your accomplishments to speak for themselves but you don't ever seek to be the center of attention.

Gratitude: You are highly aware of all the good things that happen to you and you never take them for granted.

Optimism: You expect the best for the future and you plan and work to achieve it.

Faith: You have strong and coherent beliefs about the higher purpose and meaning of the world.

Forgiveness: If you're wronged you can forgive. You give people a second chance. You're guided more by mercy than revenge.

Humor: You like to laugh and to make others laugh and smile.

Enthusiasm You're energetic, spirited, and passionate. You wake up and look forward to most days. You throw yourself, body and soul, in to all you do.