



# STRENGTH FINDER

Everyone has their own set of strengths, talents and skills. But we don't often spend time thinking about our own unique abilities. Use the following activity to better understand your own strengths and how you can better utilize them.

## INSTRUCTIONS:

1. Using the worksheet below, reflect on all areas of your life to identify your **Gifts, Loves and Skills**.
2. Next, use the **Multiple Mentions** chart to identify any duplicates or emerging themes.
3. Now, complete the final **Strengths** section by listing your top three strengths.

| YOUR GIFTS  | Talents that come naturally to you.<br>These are the areas that feel effortless.                             |
|---|--|
| What comes easily for you? What are your natural gifts?                                       |  |
| What are the areas where others have said, "I wish I could do that as well as you"?           |  |
| What gifts do you have that you have identified from books, aptitude tests, or other sources? |  |
| YOUR LOVES  | Something you are passionate about.<br>This is the type of work where time flies when you are engaged in it. |
| What kind of work do you love? If money were no object, what would you do for a career?       |  |
| What part of your current job do you love the most?   |  |
| Which work activities or hobbies do you get lost in or find the most engaging?                |  |

| <b>YOUR SKILLS</b>  | <b>The knowledge and ability you have acquired over time.</b><br>They can come from work, mentorship, or other experiences in your life. |
|---|--|
| What did you focus on in your education or training?        |  |
| What work or volunteer positions have you held in the past? |  |
| What do you study or read about in your spare time?         |  |

| <b>MULTIPLE MENTIONS</b> | Write down any skills that were mentioned more than once across the three categories.<br>Look for any related terms or themes across the three columns. |
|--------------------------|---|
|                          |   |

**I BELIEVE MY STRENGTHS ARE:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### REFLECTION:

- Did you find it difficult to pinpoint your strengths? Were you surprised by what you learned?
- How often do you draw on the strengths you identified?
- Were some strengths more obvious than others?
- How can you apply this in your day-to-day life and build your strengths?

