



STRENGTHS DISCOVERY WORKSHEET

Welcome to a moment for self-reflection and strategic personal development. This worksheet focuses on discovering and harnessing your inherent strengths to establish a tailored success strategy.

IDENTIFY YOUR STRENGTHS

1. What brings you energy?

2. What are you good at?

3. What activities have brought you enjoyment in the past?

4. In past successes, what motivated you to complete what you achieved?

5. What talents and tasks come naturally to you?

6. Ask a close relation, what do they see as your strengths or talents?

AMPLIFY YOUR STRENGTHS

Reflect: What activities you are naturally drawn to? How can you do more of them?

Invest: What skills do you seem to pick up quickly and how can you invest in ways to master them?

Utilize: When facing a problem or a challenge, what activities feel automatic to you?

Cultivate: How can you actively seek and engage in tasks that highlight your natural abilities and give you a sense of accomplishment?

MANAGE YOUR WEAKNESSES

First, identify areas which are not your strengths but are still important for job success. Then, decide whether to delegate, do it differently, or dump it. Here's how you can approach each option:

Delegate	Do it Differently	Dump it