

Identifying my Strengths:

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Identifying my Strengths - Part 1

Write down five things that you have achieved in your life. It doesn't matter whether these achievements were large or small, the important thing is that you are proud of them. They need to be things that depended only on you. They could be to do with school work, your friendships, trips you've been on, sports, hobbies, your home and family, or anything else that comes to mind.

Remember: It doesn't matter what anyone else thinks about these achievements, the main thing is that you feel great about them!

Achievement:

1: _____

Achievement:

2: _____



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Achievement:

3: _____

Achievement:

4: _____

Achievement:

5: _____



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Identifying my Strengths - Part 2:

Strengths According to my achievements am I...	√
Optimistic	
Capable of working well in a team and co-operating well with others	
Creative and original	
Good at decision making and getting on with things	
Flexible and not stubborn	
Determined, have good will power, and don't give up easily	
Independent and not subject to other people's decisions	
Charismatic with good leadership skills	
Good at listening to others	
Well organized: I know what I want. What my goals are and how to achieve them	



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Professional	
Able to take chances despite the risks	
Persuasive	
Able to function well under pressure	
Capable of good verbal expression with groups and individuals	
Considerate of others and of those with special needs	
Capable of making others calm down	
Unafraid of challenges	
Able to approach life with a sense of humor	
Able to admit mistakes I've made	
Sensitive to my intuitions	
Unafraid of failure	
Able to take the initiative instead of just following others	



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Responsible for my actions, and don't hide, pointing the blame at others	
Someone who enjoys thinking and problem solving	
Self-confident and sure of myself	
Seeking good relations and harmony between people	
Capable of learning	
Capable of giving	
Capable of being supportive	
Someone who seeks excellence	
Inventive	
Well organized, neat and tidy	
Curious about things in general	

Identifying my Strengths - Part 3:

Interview 3 people you are close to (close friends, family etc.) and ask them (without showing them the tables):

1. What are my three most noticeable strengths?

2. If I was to appear on the cover of a magazine, what magazine would it be and what would the article be about?



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