

Recognizing Your Strengths Worksheet

- Some of our strengths are obvious to us while others can go completely unnoticed. One way to discover these hidden strengths is to think about the things that give you a real sense of energy. In the past week, when did you feel most energized? What strength were you using at the time?

- It can be challenging to recognize our own strengths - we can become so used to them that they begin to feel ordinary. Sometimes other people are better at spotting our strengths than we are. What strengths or positive qualities have others shared about you? What were you doing when they noticed these strengths?

- Think of someone you admire or respect. What is it about this person that you admire the most? What are their greatest strengths? Do you share any of these strengths?

- Think about the activities or hobbies you enjoy the most. In what ways do these activities put your strengths to use?

