



Strengths

We all have a special and personal combination of strengths, talents and skills. These are things that we are good at and make us who we are.

Sometimes it can be hard to talk about what you're good at. To help you get started, check out the lists on this page and highlight all the words that you feel describe your personal strengths. (If you get stuck, think about how a close friend or family member might describe you!).



Enthusiastic
Respectful
Responsive
Charismatic
Considerate
Honest
Kind
Patient
Sociable

Co-operative
Outspoken
Communicative
Humble
Natural
Team-Player
Polite
Sincere
Thoughtful



Curious
Imaginative
Innovative
Inventive
Creative



Ambitious
Decisive
Determined
Focused
Realistic
Systematic
Clear-headed
Insightful
Objective
Perceptive

Motivated
Flexible
Hard-working
Reliable
Punctual
Responsible
Independent
Willing
Efficient
Helpful

Methodical
Organised
Careful
Resourceful
Well-Rounded
Competitive
Diligent
Energetic
Pro-active
Versatile



Devoted
Mature
Calm
Empathetic
Passionate
Intuitive
Optimistic
Compassionate

Explore more by taking a free strengths test. Visit www.viacharacter.org/survey/account/register

REFLECTION

- What areas are you strongest in?
- Are there themes that you notice e.g. people orientated; project orientated; practically orientated?

Reflect on your strengths here

After identifying words that describe you and considering when you are most effective, now see if you can identify your top five strengths below.

You will bring these strengths into business too – remember they are your **superpowers!**



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QUESTIONS TO CONSIDER

CHILDHOOD MEMORIES

What do you remember doing as a child that you still do now – but most likely much better?

Strengths often have deep roots in our early lives.

ENERGY

What activities give you an energetic buzz when you are doing them?

These activities are very likely calling on your strengths.

AUTHENTICITY

When do you feel most like the “real you”?

The chances are that you’re using your strengths in some way.

EASE

Which activities come naturally to you?

The ones you have a tendency to excel in without a lot of effort are likely to use your strengths.

ATTENTION

Where do you naturally pay attention? (e.g. relationships, systems, strategy, finances, creative aspects).

You are most likely to focus on things that are playing to your strengths.

RAPID LEARNING

What are the things that you have picked up quickly, learning them almost effortlessly?

Rapid learning often indicates an underlying strength.

“TO DO” LISTS

What are the things that never make it onto your “to do” list?

The things that always seem to get done often reveal an underlying strength that means we never need to be asked twice.

FLOW

Describe a time when you were “in the zone” – lost in your work, super-productive and oblivious to what was happening around you (i.e. time/noise/distractions).