

STRENGTHS

1) WHAT OTHERS THINK YOUR STRENGTHS ARE

List strengths/abilities/gifts that others have seen in you.

As a kid, I was known for being good at ____.

My friends are always telling me I am good at ____.

My parents think I am the best ____.

My professors have commented on my ability to ____.

At work, what I do naturally and without too much effort is ____.

STRENGTHS

2) WRITE WHAT YOU THINK YOUR STRENGTHS ARE

List strengths/abilities/gifts that you see in yourself.

3) FIND A PARTNER - Discuss your core strengths

- Ask your partner - "What surfaced as you did this exercise?"
- Ask your partner - "What are your core strengths?"
- Switch - now your partner will ask you about your strengths.

JOYS

1) Recall an experience at work or in your life, when you felt great and at your best. You felt very alive and the experience energized you -- you wished you could be doing this all the time. Perhaps you lost track of time.

2) Interview exercise: Describe it to your partner

- What was happening?
- What were you doing?
- What environment were you in?
- What about it gave you joy and happiness?

VALUES

Accountability	Cooperation	Health	Personal fulfillment
Achievement	Courage	Honesty	Personal growth
Adaptability	Creativity	Humility	Power
Ambition	Dialogue	Humor/fun	Recognition
Attitude	Ease with uncertainty	Independence	Reliability
Awareness	Enthusiasm	Integrity	Respect
Balance (home/work)	Entrepreneurial	Initiative	Responsibility
Being the best	Environmental	Intuition	Risk-taking
Caring	Efficiency	Job security	Safety
Coaching Mentoring	Ethics	Leadership	Self-discipline
Commitment	Excellence	Listening	Success
Community Involvement	Fairness	Making a difference	Teamwork
Compassion	Family	Open communication	Trust
Competence	Forgiveness	Openness	Vision
Conflict Resolution	Friendships	Patience	Wealth
Continuous learning	Future generations	Perseverance	Well-being
	Generosity	Professional Growth	Wisdom

VALUES

My most important values are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____