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.

____________________________________________________________________
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____________________________________________________________________
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____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

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.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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____________________________________________________________________

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

<table>
<thead>
<tr>
<th>Accountability</th>
<th>Cooperation</th>
<th>Health</th>
<th>Personal fulfillment</th>
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<td>Courage</td>
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<tr>
<td>Adaptability</td>
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<td>Ambition</td>
<td>Dialogue</td>
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<td>Attitude</td>
<td>Ease with uncertainty</td>
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<td>Reliability</td>
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<td>Awareness</td>
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<td>Balance (home/work)</td>
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<td>Being the best</td>
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<tr>
<td>Community Involvement</td>
<td>Fairness</td>
<td>Making a difference</td>
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<td>Compassion</td>
<td>Family</td>
<td>Open communication</td>
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<td>Conflict Resolution</td>
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<td>Continuous learning</td>
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<td>Well-being</td>
</tr>
<tr>
<td></td>
<td>Generosity</td>
<td>Professional Growth</td>
<td>Wisdom</td>
</tr>
</tbody>
</table>
VALUES

My most important values are:

1. __________________
2. __________________
3. __________________
4. __________________
5. __________________
6. __________________
7. __________________
8. __________________
9. __________________
10. _________________