

Understanding my Strengths

Explore ALL of you strengths, not just what you're good at in work but across your whole life and relationships, the strengths you bring just by being you?

01

STRENGTHS IN HOW YOU WORK: Consider your positive traits and proficiencies in a work environment, that is, how you do your work. Circle 1-3 traits from the list below. If you bring something different, add your own in the empty spaces.

Efficient	Quick to pick up things	Hard working	Spontaneous	Structured
Ambitious	Quick- thinking	Effective	Leading others	Capable
Collaborative	Focussed	Reliable	Visionary	Prudent
Adaptable	Problem-solver	Meet commitments	Diligent	Decisive
Logical	Credible	Flexible	Disciplined	Professional
Helpful	Consistent	Level-headed	Pragmatic	Useful
Cooperative				

02

STRENGTHS IN YOUR DRIVER VALUES: Sometimes when you hold very strong values, they can be a real asset for you at work and in life. If you've already done the Identify my Values activity, then write your top 1-3 in the spaces in the table. Otherwise, consider this short list of values and circle 1-3 in the list below.

Ambition	Credibility	Empathy	Responsibility	Strength
Hard work	Discipline	Humility	Efficiency	Kindness
Dependable	Diligence	Loyalty	Caring	Honesty
Collaborating	Respect	Positivity	Creativity	Generosity
Happiness	Capability	Fairness	Trustworthiness	Reliability
Adaptability	Success	Meet commitments	Flexibility	Resilience
Generosity	Consistency	Dignity	Tolerance	Integrity
Professionalism	Justice			

03

YOUR TECHNICAL SPECIALISATIONS: Think about areas of technical competence or specialisation that you have and record them here.

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04

STRENGTHS IN WHO YOU ARE: Sometimes our personality traits can be a real strength for us. Consider the list below and pick 1-3, or write your own in the empty spaces provided.

Intelligent	Inspiring	Friendly	Flexible	Strong
Ambitious	Resilient	Curious	Diligent	Confident
Responsible	Hard working	Consistent	Helpful	Assertive
Motivated	Dynamic	Optimistic	Pragmatic	Kind
Gentle	Sympathetic	Useful	Visionary	Level-headed
Witty	Spiritual	Resourceful	Respectful	Cooperative
Collaborative	Courageous	Humble	Empathetic	Honest
Dependable	Creative	Decisive	Disciplined	Reasonable
Generous	Focussed	Spontaneous	Loyal	Caring
Happy	Relaxed	Prudent	Adventurous	Enthusiastic
Reliable	Adaptable	Capable	Energetic	Trustworthy
Generous	Tolerant	Structured	Adaptable	

05

GENERAL EXPERTISE STRENGTHS: These are NOT your technical capabilities, but other areas of how you operate at work and in life. Circle 1-3 or add your own in the empty spaces.

Customer service	Communicating with people	Time management	Solving Problems	Decision making
Writing	Organisation	Administration	Fixing things	Leadership
Dealing with conflict	Organising people	Organising events	Critical thinking	Teamwork
Creativity	Attention to detail	Negotiation	Project management	Process improvement
Change management				

06

YOUR WHOLE OF PERSON STRENGTHS: Consider all 5 lists above and record here 1 item from each list - 5 of your strengths that are at the core of who you are.

**My integrated,
whole -person
strengths are:**