

My Strengths Script Worksheet

In this exercise you are going to take your expanded thinking about one of your strengths and write a short script that captures these expanded ideas which you can then read out loud and practice saying.

1. Choose one of the strengths you expanded in your **My Strengths at Work Worksheet** and transcribe your ideas here (or just have it available to reference as you work through this exercise).
2. Write a short script using the elements you've identified.
3. I've included an example script based on the example from the **My Strengths at Work Worksheet** to help you get started.

My Strength

Statement:	
Strength:	
How is this strength displayed/seen/heard/felt?	
Why is this a benefit at work?	
Describe an example	

My Script

Question: What is one of your greatest strengths?

EXAMPLE

Question: What is one of your greatest strengths?
Answer: One of my greatest strengths is my professionalism. I have clear communication and treat everyone I deal with, both in my team and customers with respect and courtesy. I am able to stay calm and neutral even when I'm faced with difficult customers or situations. I always do my work to a very high standard, and continually meet my deadlines. I have had positive feedback from customers about my professionalism, even from customers who have been very upset at the standard of the service they have received.

