



Discover Your Strengths Worksheet

Part I: Achievements. Make a list of *at least* ten specific personal achievements accomplishments or projects in which you have demonstrated some degree of skill, achieved a desired goal, or explored a new challenge. These accomplishments can come from all segments of your life, including childhood, school, work and relationships. Your list of achievements will give you a strong sense of what you've done well in the past. If you have trouble writing ten specific achievements, try putting yourself in the shoes of someone who knows you well, and imagine what they would say about your achievements.

Achievements

- 1. 2. 3. 4. 5. 6. 7. 8. 9.
- 10.

Think about what's reflected by these achievements that's important to you. Are there any patterns that emerge? (For example, creating things, being with people, or being outdoors.)

Part II: Personality Type. Start by identifying the degree to which you're extroverted or introverted, by checking which of the two attributes on each line in the following list best describes you. Most people will have some introvert and some extrovert attributes checked. The category in which you checked the larger number will give you an idea of whether you're more an introvert or an extrovert.

Introverts (I)	Extroverts (E)
inner-focused	outer-focused
energized by having time on own	energized by interacting with others
prefer a deliberate approach	prefer spontaneity
think before acting	act before thinking
there has to be a reason to communicate	<u>communication comes naturally</u>
in a group, prefer interacting with one other person	in a group, prefer to mingle
resolve problems by reflecting internally	resolve problems by interacting with others
tend to let others plan activities	tend to be the social director
probably have one or two close friends	probably have a wide circle of friends and
	acquaintances

____ Total

_Total





A thinking (T) personality type:	An intuition (N) personality type:
Has lots of ideas.	Sees the big picture.
Enjoys analyzing problems using cause and	Values being ingenious and unconventional.
effect relationships.	Sees possibilities in every situation.
Plans and organizes effectively.	Longs for exciting new possibilities.
Is accomplished at theorizing.	Is uncomfortable with a set routine or schedule.
Tries to align life with logically thought-out	Is good at brainstorming.
conclusions.	Focuses on what's going to happen in the future.
Is uncomfortable with expressions of feeling.	
Enjoys communicating about ideas.	
A feeling (F) personality type:	A sensation (S) personality type:
Reaches values-based conclusions.	Places high value on sensory things,
Sees the world through the perception of	appreciating aesthetics, colors, smells, tastes.
opposites.	Perceives and describes a situation through
Forms opinions based on internal sense of right	facts.
and wrong.	Is aware of and interacts with the immediate
Desires a rich inner life, with a deep sense of	environment.
spiritual connectedness.	Sees analysis as someone else's opinion and
Feels comfortable with expressions of sentiment.	not of much consequence.
Gives priority to connections with people over	Values practical applications of ideas over
principles or ideas.	abstractions.
	Focuses on details.
	Is aware of what's going on in the present.

You can now combine the results of your comparison into your basic personality type, and represent it by the letter codes shown. For example, an introverted thinking person is said to be type "IT," while an extroverted feeling person who also has a strong intuition category is said to be type "EFN."Based on the above information (or other assessments you've done before), what is your personality type?

Personality Type

Part III: Skills. Make a list of all of your skills. When you have a complete list, identify your five "top" skills. These should be skills you're good at *and* enjoy using. Circle your top skills on the list.





Part IV: Values. Values are deeply-held beliefs which guide your behavior—in short, what's important to you. Identifying your values is an important step toward finding ways to align your work with what's most important to you. From the following list, choose the five values that are most important to you.

Action Values "I would like to:"	Result Values "I would like to have:"	Personal Qualities "It's important to me to be:"
Create Ideas Achievement Generous	Create Ideas Achievement Generous	Create Ideas Achievement Generous
Make Things	Beauty Around Me	Fulfilled
Fix Things	Knowledge	Healthy
Help People	Pleasure	Moral
Design Systems	Power	Physically Attractive
Perform Physical Tasks	Recognition	Spiritual
Organize Things	Wealth	Ambitious
Create Beauty	Adventure	Caring
Explore Ideas	Comfort	Cooperative
Follow Directions	Independence	Disciplined
Take Responsibility	Leisure Time	Positive
Experience Variety	Possessions	Needed
Improve Society	Security	Efficient
Take Risks	Structure/Order	Open-minded
Be In Nature	Stability	Competent
Manage People	Wisdom	Logical
Laugh Often	Family Harmony	Sensitive
Work In Teams	Friendship	Creative
	Self-respect	Fair
	Harmony	Environmentally Aware
	Integrity	Honest
	Inner Equality	Нарру
	Simplicity	
	Love	

Five Most Important Values

Part V: Ideal Working Day. Take a quiet moment to close your eyes and picture yourself doing your ideal work in an ideal setting. What makes the picture perfect for you? It might be the location, the kind of activity, the people, the challenge. This is your chance to paint the picture exactly the way you want it. In the space below, write down what this "perfect picture" looks like to you. Then think about which two or three elements are most important to you.

Ideal Working Day Description:

Important Elements: