

## 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.)

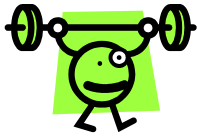
**Part II: Personality Type.** Start by identifying the degree to which you’re extroverted or introverted, by checking which of the two attributes on each line in the following list best describes you. Most people will have some introvert and some extrovert attributes checked. The category in which you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

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

\_\_\_ Total

\_\_\_ Total





**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	Create Ideas	Create Ideas
Achievement	Achievement	Achievement
Generous	Generous	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	Happy
	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:

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Important Elements:

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