

60 Days to Living Your Best Life" Journal

THANK YOU

Thank you for purchasing this 60 Days to Living Your Best Life" Journal. May the Lord bless and keep you always.

Jacquelinecain.org

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Personal Strengths Assessment

This strengths assessment is designed to help you identify your core strengths and talents. Reflect honestly on each question and rate your responses to uncover patterns and insights into your unique abilities. Instructions	I am good at organizing tasks and managing my time. 1 2 3 4 5
For each statement below, rate	
yourself on a scale from 1 to 5, where: 1 = Strongly Disagree	I can easily understand and analyze complex information.
2 = Disagree	1
3 = Neutral 4 = Agree	2 3
5 = Strongly Agree	4 5
Part 1: Personal Abilities	I am empathetic and can
	understand other people's
I am good at solving problems and finding solutions.	feelings.
	1
	2
2 3	3
4	4
5	5
I can communicate my ideas clearly and effectively.	I am confident in leading and motivating others.
	1
1	2
2	3
3	$\overset{\circ}{4}$
4	5
5	I can adapt quickly to new
I am creative and enjoy coming	situations and challenges.
up with new ideas.	
1	1
2	2
3	3
	4

I am good at working with others and being a team player.	I thrive in environments where I can be innovative and think outside the box. 1
1	2
2	3
3 4	4
5	5
I am resourceful and can find ways to get things done efficiently.	I find joy in helping others achieve
get timigs done efficiently.	their goals.
1	
2	1
3 4	2
5	3
	4
Part 2: Passion and Interests	5
I enjoy learning new skills and	I enjoy working on projects that
acquiring new knowledge.	challenge me intellectually.
1	1
2	2
3 4	3
5	4
	5
I feel passionate about making a	I am driven by a desire to achieve
positive impact on others.	excellence in my work.
1 2	
3	1
4	2
5	3
	4
	5
	I love exploring new ideas and
	perspectives.
	1
	2
	3
	4
	5

I feel energized when I am creating something new.
1 2 3 4 5 I am motivated by opportunities to grow and improve myself.
1 2 3 4 5 I enjoy collaborating with others to achieve common goals.
1 2 3 4 5 Scoring Add your scores for each section:
Personal Abilities (Questions 1-10): / 50 Passion and Interests (Questions 11-20): / 50
Interpretation:
40-50: You have strong abilities and a clear sense of your passions. Focus on leveraging these strengths in your personal and professional life.
30-39: You have significant abilities and interests. Reflect on areas where you scored lower and consider ways to develop these further.
20-29: There is potential for growth in understanding your strengths and passions. Spend more time exploring activities and reflecting on what truly excites you

10-19: Consider seeking feedback from others and exploring new experiences to help identify and develop your strengths and passions.