



INNER STRENGTH

INTEGRITY OF YOUR CHARACTER

What is inner strength?

Inner strength refers to the possession of willpower, self-discipline, and staying power. Knowledge, traits, skills, and talents can allow you to survive and thrive throughout life. Sometimes inner and mental strength can be confused as the same, but it is not. Inner strength is a person's core strength, while mental strength is simply the strength of the mind. However, the two are still closely linked. Having muscular inner strength helps keep us stable and adaptable in life, allowing us to adapt, change, and bounce back from adversity.

In theory, we should know our strengths (however, for many, it is more complex). But knowing our strengths means knowing ourselves, how we compare to others, and how others see us.

Use this workbook to help you explore and develop your inner strengths.

Transcendence

Wisdom

THE 24 CHARACTER STRENGTHS

Appreciation of beauty and intelligence

Creativity

Temperance

Courage

Gratitude

Forgiveness

Bravery

Curiosity

Justice

Humanity

Hope

Humility

Teamwork

Love

Perseverance

Judgment

Humor

Prudence

Fairness

Kindness

Honesty

Love of Learning

Spirituality

Self Regulation

Leadership

Social Intelligence

Zest

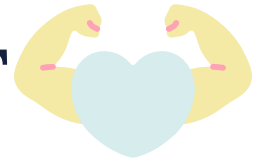
Perspective

STRENGTHS LIST



Adaptable	Flexible	Outspoken
Affectionate	Focused	Painstaking
Ambitious	Forgiving	Passionate
Articulate	Forthright	Patient
Aspiring	Friendly	Perceptive
Calm	Generous	Perseveres
Candid	Grateful	Persuasive
Capable	Hard-working	Polite
Caring	Helpful	Practical
Charismatic	Honest	Proactive
Cheerful	Humble	Prudent
Clear headed	Imaginative	Punctual
Communicative	Independent	Realistic
Competitive	Innovative	Reliable
Considerate	Insightful	Resourceful
Cooperative	Intuitive	Respectful
Courageous	Inventive	Responsible
Courteous	Involved	Responsive
Creative	Kind	Seasoned
Curious	Mature	Self-confident
Decisive	Methodical	Self-directed
Determined	Meticulous	Self-disciplined
Devoted	Modest	Self-reliant
Efficient	Motivated	selfless
Empathetic	Natural leader	Sensible
Energetic	Neat	Serious
Enthusiastic	Open minded	Sincere
Expansive	Optimistic	Sociable
Experienced	Organized	Sympathetic

STRENGTH FINDING TEST



Leadership: I take charge.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Friendliness: I make friends easily.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Creativity: I like to solve complex problems.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Toughness: I am not embarrassed easily.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Curiosity: I like to know how things work.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Good memory: I can handle a lot of information.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Adaptability: I adapt easily to new situations.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Cautiousness: I tend to take precautions.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Competence: I come up with good solutions.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Calmness: I am relaxed most of the time.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Trusting: I trust what people say.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Caring: I know how to comfort others.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Playful: I have a lot of fun.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Poise: I remain calm under pressure.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

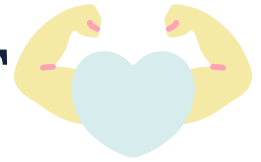
Intellectual: I am quick to understand things.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

High-achieving: I do more than what's expected
of me.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

STRENGTH FINDING TEST



Rationality: I do things in a logical order.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Ingenuity: I am full of ideas.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Imaginative: I have a vivid imagination.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Persistence: I don't quit a task before it's finished.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Trustworthy: I keep my promises.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Sociable: I am able to fit into any situation.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Adventurous: I prefer variety to routine.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Fearlessness: I face danger confidently.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Team-player: I enjoy being part of a group.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Fair: I treat all people equally.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Forgiving: I let bygones be bygones.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Optimistic: I look on the bright side.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Kind: I am never too busy to help a friend.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Self-control: I am a highly disciplined person.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

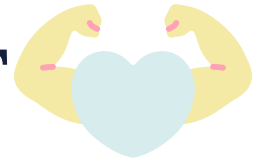
Bravery: I have taken frequent stands in the face of strong opposition.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

Modesty: I don't act as if I'm a special person.

Strongly disagree Strongly agree
1 2 3 4 5 6 7 8 9 10

STRENGTH FINDING TEST



Patience: I am usually a patient person.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Wisdom: I have a broad outlook on what is
going on.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Liveliness: I maintain high energy throughout
the day.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Acceptance: I take things as they come.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Empathy: I feel others' emotions.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Originality: I am able to come up with new and
different ideas.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Organized: I keep things tidy.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Grateful: I stop to count my blessings.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

Tolerance: I accept people as they are.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

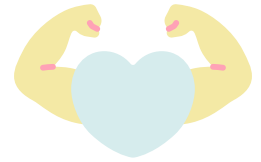
Romanticism: I see beauty in things others
might not notice.

Strongly disagree Strongly agree

1 2 3 4 5 6 7 8 9 10

REFLECTION

STRENGTHS LIST



When you look at the strengths list above, what are your strengths?
Could you then write about why you display those strengths within yourself?

STRENGTH 1:

STRENGTH 2:

STRENGTH 3:

STRENGTH 4:

FINDING YOUR SKILLS

Talk about any degrees, certificates, work experience or volunteer work that you have completed?

Have you learnt any other languages or sign language?

Have you taken any trainings or courses? (First Aid, sales or leadership training)

Describe the computer programs that you are competent in.

Describe a time when your workload was heavy and how you handled it.

FINDING YOUR 'SOFT' SKILLS

Describe your communication skills.

Describe your problem solving skills (a time when you had to overcome a challenge).

Describe your listening skills.

Have you worked with a team that didn't work well together or didn't get along? How did you overcome the roadblocks? Do you tend to get along with people?

Do people tend to listen to you? Can you influence or convince people of things?

FINDING YOUR CHARACTER STRENGTHS

Describe your positive personal qualities?

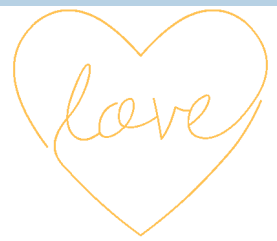
What are the good parts of your personality?

Which of your traits benefit your well-being?

Which of your traits benefit your work?

Which of your traits benefit others?

EXPLORING ME



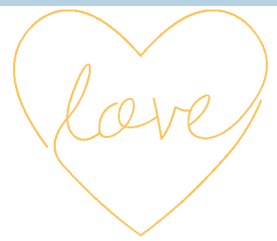
What is it that I like about myself?

Three things that I am good at are...

Compliments that I have received are..

Challenges that I have had to overcome in my life are...

EXPLORING ME



I have help others by?

I am a good friend because...

My biggest accomplishments....

Things that make me unique are.....

MY ACCOMPLISHMENTS



You are proud of an accomplishment because it involves lots of hard work and effort. Could you list your achievements and obstacles that you had to overcome to achieve that goal?

Accomplishment

Obstacles I had to overcome

Accomplishment

Obstacles I had to overcome

Accomplishment

Obstacles I had to overcome

Accomplishment

Obstacles I had to overcome

FINDING STRENGTH IN OTHERS

Sometimes our greatest strength is influenced and drawn from the people around us, such as our role models, people we admire and look up to. Sometimes, we are influenced by people without even realizing it, or maybe we want to be more like the people we know.

TASK: Name some of your role models that display strengths you admire and would like to incorporate into your life.

People I admire for their strengths, no matter how big or small they may be.

What do I admire about these people?

What strengths and values do they display?

BUILD YOUR STRENGTHS

We often want to work on our weaknesses, but we can also strengthen our strengths. So please take a moment to think about how you could get even better at one of your strengths, turning it into a super-strength.

Below you will create a plan to put your strengths into action. The first step is to identify your top strengths and rank them from 1 – 24, 1 being the highest. Step two is to write a plan on how you will display this strength, step three is to execute it, and the final step is to reflect on your experience and how it made you feel.

EXAMPLE

MY STRENGTHS			
Adventurous	Flexible	Gratitude	Likeable
Loyal	Imaginative	Competent	Kind
Social	Respectful	Sincere	Open-Minded
Supportive	Polite	Intelligent	Generous
Friendly	Courageous	Faithful	Trustworthy

DAY	STRENGTH	PLAN
1	Kindness	Tomorrow I will give my friend a compliment
2	Mindful	I will practice mindfulness by listening to peoples conversations and not distracting myself with my phone or people around me

BUILD YOUR STRENGTHS

MY STRENGTHS			

DAY	STRENGTH	PLAN
1		
2		
3		
4		
5		

BUILD YOUR STRENGTHS

DAY	STRENGTH	PLAN
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

BUILD YOUR STRENGTHS

DAY	STRENGTH	PLAN
16		
17		
18		
19		
20		

REFLECTION



Strength and growth come only through continuous effort
and struggle.
Napoleon Hill

You have power over your mind - not outside events. Realize
this, and you will find strength. Marcus Aurelius

Life is very interesting... in the end, some of your greatest
pains, become your greatest strengths. Drew Barrymore

There are two ways of exerting one's strength: one is
pushing down, the other is pulling up. Booker T.
Washington

Everything you need is within you, the strength, courage and
confidence to change your life. You just need to look within
yourself and find it.
Amanda Ray

Go within every day and find the inner strength so that the
world will not blow your candle out. Katherine Dunham

It is worth remembering that the time of greatest gain in terms
of wisdom and inner strength is often that of greatest difficulty.
Dalai Lama

They say everything you go through in your childhood builds
character and inner strength.
Curtis Joseph