

JOURNAL PROMPTS

DISCOVERING YOUR STRENGTHS



- WHAT ARE 3 STRENGTHS YOU CAN THINK OF RIGHT AWAY?
- WHAT ARE YOU PROUD OF IN YOUR LIFE?
- WHAT DO YOU LIKE ABOUT YOURSELF?
- WHAT DO YOU DO BETTER THAN OTHERS?
- WHAT DO YOU ENJOY OR LOVE DOING? (WE USUALLY ENJOY WHAT WE'RE GOOD AT)
- WHAT SMALL THINGS DO YOU DO THAT YOU FIND EXTREMELY SATISFYING?
- WHAT STRENGTHS COULD THIS POINT TO?
- WHAT DO YOU GET COMPLIMENTED ON?
- WHAT COULD BE THE STRENGTHS THAT LIE UNDERNEATH THESE COMPLIMENTS?
- WHAT WOULD YOUR PARTNER OR FAVORITE PERSON IN THE WORLD SAY ARE YOUR TOP 3 STRENGTHS?
- WHAT WOULD YOUR FAMILY SAY YOUR STRENGTHS ARE?
- WHAT DO YOUR FRIENDS ADMIRE ABOUT YOU?
- WHAT DO YOU GET ASKED TO HELP WITH?
- WHAT WOULD YOUR CO-WORKERS SAY ARE YOUR STRONG POINTS?
- WHAT WERE YOUR FAVORITE SUBJECTS OR CLASSES IN SCHOOL? WHY? WHAT DID YOU BRING TO THE CLASS?
- WHEN HAVE YOU FELT MOST ENERGIZED? WHAT WERE YOU DOING?
- WHAT HAVE YOU CREATED & GIVEN THE WORLD? (FROM CHILDHOOD TO NOW, ANYTHING YOU'RE PROUD OF)
- CONSIDER YOUR VARIOUS ACHIEVEMENTS (BIG & SMALL): WHAT PERSONAL TRAITS WOULD YOU GIVE THE CREDIT TO?
- WHAT WOULD NOT BE LIKE IT IS, HAD YOU NOT BEEN PART OF IT? WHAT VALUE DID YOU ADD?
- CONSIDER WHEN YOU'VE STOOD OUT & FELT UNCOMFORTABLE. WHAT STRENGTHS HAVE YOU LEARNED TO HIDE?
- THINKING ABOUT THE WORST EXPERIENCES YOU HAVE HAD, WHAT STRENGTHS OR ABILITIES SHINE THROUGH?
- WHAT CHALLENGES HAVE YOU OVERCOME? WHAT STRENGTHS HELPED YOU ALONG THE WAY?
- WHAT HAVE YOU BEEN TOLD NOT TO BE "PIG-HEADED" ABOUT? (THIS COULD POINT TO PASSION & PURPOSE)
- WHEN DO YOU DO THE OPPOSITE OF EVERYONE ELSE? WHAT STRENGTHS COULD LIE UNDERNEATH THIS?
- WHAT DO YOU YEARN TO DO? (THIS SUGGESTS POSSIBLE STRENGTHS OR TALENTS)
- WHEN HAVE YOU BEEN CRITICIZED FOR SOMETHING THAT IS REALLY A STRENGTH? (A PARENT CRITICIZING YOU FOR "TOO MUCH ENERGY/ENTHUSIASM", TEACHERS CRITICIZING YOU FOR YOUR "CURIOSITY", ETC)
- WHAT ARE YOUR UNUSUAL OR UNEXPECTED TALENTS?
- WHAT DOES NOT 'FIT' OR GET USED IN YOUR LIFE?
- WHAT IS THE STRENGTH YOU HAVE BEEN AVOIDING?
- WHAT DO YOU ADMIRE MOST IN OTHERS? NOW, WHERE DO YOU ALREADY DO THIS IN YOUR LIFE?
- WHAT IS ONE THING YOU CAN DO TODAY TO SHOWCASE ONE STRENGTH?