



ATTAIN YOUR VISION

IDENTIFYING YOUR STRENGTHS and AREAS OF GROWTH FUELED BY YOUR AMAZING SELF

One of the key contributions to living our Ultimate and Best Life is reflecting on, considering, identifying and utilizing our core strengths and potential evolving strengths.

Personal strengths are defined as our built-in capacities for particular ways of thinking, feeling, and behaving (Linley, 2008). We all possess distinct character strengths that are associated with the six virtues of positive psychology theory (Seligman, 2002):

1. Wisdom
 1. Creativity
 2. Curiosity
 3. Love of learning
 4. Open-mindedness
 5. Perspectives
2. Courage
 1. Authenticity
 2. Bravery
 3. Persistence
 4. Zest
3. Humanity
 1. Kindness
 2. Love
 3. Social intelligence
4. Justice
 1. Fairness
 2. Leadership
 3. Teamwork
5. Temperance
 1. Forgiveness
 2. Modesty/Humility
 3. Prudence
 4. Self-regulation
6. Transcendence
 1. Appreciation of beauty and excellence
 2. Gratitude
 3. Hope
 4. Humor
 5. Religiousness/Spirituality



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Lorraine DAversa, BS, MFT, CYT Holistic Life, Success and Performance Coach

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These 24 strengths are evident across human history and cultures across the world. Each of the 24 strengths exists in all of us to varying degrees. We may be stronger in some areas and weaker in others, and that's okay, it's what makes us all unique. The point is to identify your pattern of strengths so that you can tap into these to live a more fulfilling life.

YOUR STRENGTHS (and why)

1.

2.

3.

4.

5.

Area of Growth, sometimes referred to as a weakness by the less positive aspect of our culture, is one of the 24 Character Strengths that you are lower in.

YOUR AREAS OF GROWTH (and why)

1.

2.

3.

4.

5.



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STEP 2: Contact 3 people that you can trust to be brutally honest with you. Ask them what they think your 5 strengths and 5 areas of growth are and why. Jot down their answers.

CONTACT #1

NAME:

STRENGTHS (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

AREAS OF GROWTH (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

CONTACT #2

NAME:

STRENGTHS (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

AREAS OF GROWTH (and why)

- 1.
- 2.
- 3.
- 4.
- 5.



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CONTACT #3

NAME:

STRENGTHS (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

AREAS OF GROWTH (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

Do their lists match yours?

Do you need to reinforce any of your strengths?

How can you develop your areas of growth?

Jot down ideas and discoveries below:

BONUS: Call someone from your past with whom you once had a strong bond but are no longer in contact (a former partner in an intimate relationship, a former close friend, or maybe a family member you had a falling out with) and ask them the same questions.

CONTACT #4

NAME:

STRENGTHS (and why)

- 1.
- 2.
- 3.
- 4.
- 5.



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AREAS OF GROWTH (and why)

- 1.
- 2.
- 3.
- 4.
- 5.

What came up for you in this bonus exercise?

Are you the same person that this person used to know?

What is your walk-away from this experience?



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