

Strengths & Values Snapshot

Doable Steps, Meaningful Progress

A self-reflection tool by Sustavia - to help you lead from within.

Instructions

This template is designed to help you identify and reconnect with your **core strengths and values**, the inner tools that guide how you show up at work, in leadership, and in moments of transition. Use this as a standalone activity, a journaling prompt, or a conversation starter with a coach or mentor.

Section 1: Strengths in Action

What are you naturally good at — and when do you feel most energized while using it? You can refer to feedback, CliftonStrengths, VIA Character Strengths, past performance reviews, or your own reflection.

Strength	How I've used it recently	How it energizes me

Prompt:

Which of these strengths have you been underusing lately?
Where might you lean into one of them more?

Section 2: Values That Anchor You

What truly matters to you in how you live, work, and lead?
Choose your top 3–5 core values (e.g., trust, growth, purpose, learning, fairness, creativity).

Value	Why it matters to me	How I bring it to life

Prompt:

Is anything in your current work or role in conflict with these values?
What would alignment look like?

Section 3: Alignment Check

Reflect on the connection between your **strengths, values, and current leadership context**.

- Where am I most aligned right now?
- Where do I feel out of alignment, and what might be contributing to that?

