

Strengths Mapping Worksheet

Purpose

This worksheet helps you reconnect with the strengths you already possess. When life feels heavy or unclear, your strengths become the foundation that supports your confidence, guides your decisions, and shapes the direction you want to move in. By naming them clearly, you ground yourself in what is already working and create a clearer path forward.

SECTION 1: CORE STRENGTHS

List the strengths that feel most true to who you are.

1. _____
2. _____
3. _____
4. _____
5. _____

Which of these strengths do you rely on most right now, and why

SECTION 2: STABILIZING STRENGTHS

These strengths help you stay grounded, steady, and emotionally centered.

Strengths that help me stay stable are:

1. _____
2. _____
3. _____

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How do these stabilizing strengths show up when life feels uncertain

SECTION 3: MOMENTUM STRENGTHS

These strengths help you move forward, take action, and create progress.

Strengths that create momentum for me are:

1.

2.

3.

What happens when you rely on these strengths more consistently

SECTION 4: TRANSFERABLE STRENGTHS

These strengths can support you in any career path, relationship, or stage of life.

Strengths I can use anywhere include:

1.

2.

3.

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Where have these strengths shown up in past situations such as work, family, or community

SECTION 5: FUTURE IDENTITY STRENGTHS

These strengths represent the man you are becoming and the qualities you want to embody.

Strengths I want to grow into include:

1.

2.

How will developing these strengths support the life I want

SECTION 6: CONFIDENCE CHECK

Rate your confidence in using each of your strengths on a scale of 1 to 10.

1.

 Strength Confidence:

2.

 Strength Confidence:

3.

 Strength Confidence:

What would help you increase your confidence by even one point

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SECTION 7: INSIGHT SUMMARY

What did these strengths mapping exercise reveal about who you are and what you bring into your next chapter

Disclaimer

This worksheet is a self-reflection tool created to support personal growth within a coaching context. It is not a psychological evaluation, clinical assessment, or therapeutic intervention. All insights you gain come from your own reflections and decisions. Coaching does not replace counseling, mental health care, or medical treatment. If you are experiencing emotional distress or have concerns related to mental health, please seek support from a licensed mental health professional.