



WHAT TO DO -

- 😊 Grab a pen and use a journal or write on a piece of paper to answer these questions. Write whatever comes to mind - however small or unimportant it might seem. Try to keep all your answers on one page.
 - 😊 Aim for 3 strengths or responses to each question.
 - 😊 Know that repeating answers are good - this highlights important strengths and themes!
 - 😊 If your answer is not a strength ask - "What strength could lie underneath this?" or "What qualities helped me achieve this?"
 - 😊 When you have answered all questions look for common themes and patterns; review your answers and circle re-occurring strengths and themes.
 - 😊 When all answered write out what you consider to be the **Top 10 strengths** in your journal or on a separate piece of paper. **Refer to this list often to remind yourself you are who you are and your strengths are a positive trait!**
-

1. What makes you special?

2. What are 3 strengths you can think of right away?

3. What are you proud of in your life?

4. What do you like about yourself?



5. What do you enjoy or love doing? (we usually enjoy what we're good at)

6. What small things do you do that you find extremely satisfying?

7. How do others see you? What do others say about you?

8. What do you get complimented on?

9. What would your partner or favourite person in the world say are your Top 3 strengths? (if you are unsure have a conversation)

10. What would your family say your strengths are? Consider each family member in turn, if you are still unsure, have a conversation?

11. What do your friends admire in you?



12. What do you get asked to help with?

13. What were your favourite subjects or classes at school? Why?

14. When have you felt most energised and what were you doing?

15. What have you created and brought into the world - from childhood to now and anything you are proud of?

16. Thinking about the worst experiences you have had - What strengths or abilities shone through?

The Unusual and Unexplored - Yearnings, Admiration & More!

17. What do you yearn to do, no matter how big or small?



18. When have you been criticised for something that is really a strength? (think a parent criticising you for "too much energy/enthusiasm", teachers criticising you for your "curiosity")

19. What are your unusual or unexpected talents?

20. What do you admire most in others and where do you already do this in your life?
