



Strengths can be hidden underneath seemingly irrelevant abilities or skills. This task is a great way to identify and/or to answer those questions for a job interview or add to your resume.

WHAT TO DO

😊 Answer the questions in the sticky notes on page 2 and write down whatever pops into your mind.

😊 Where something is not an obvious 'strength' start by asking

What have I glossed over? How do I do that?

What skills must I have to be able to do/enjoy that?

Write these answers where it says Possible Strengths:

When you have answered the questions:

😊 What patterns and themes do you notice?

😊 List the Top 5 Strengths you notice from the sticky notes (look for repeated strengths):

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

Good Luck on your journey to finding and strengthening your map of life!!
To discover more about your map contact Sophia Jane on 0449 727 689.



What were your 3 favourite subjects in school?

Write whatever pops into your mind

1. _____
2. _____
3. _____

Possible Strengths:

What do you yearn to do?

Our yearnings point to possible talents or skills that could be developed!

1. _____
2. _____
3. _____

Possible Strengths:

What do you get complimented on most?

Think broadly - this could be anything at all.

1. _____
2. _____
3. _____

Possible Strengths:

What do you like about yourself?

Often we like what we're good at - write whatever you think of!

1. _____
2. _____
3. _____

Possible Strengths:

What do you enjoy doing?

When do you lose your sense of time and get into flow?

1. _____
2. _____
3. _____

Possible Strengths:

What activities or tasks energize me?

What leaves you energized - even when it's hard work?

1. _____
2. _____
3. _____

Possible Strengths:

What are you proud of?

Eg. an achievement, difficulty overcome, quality you have at home or at work.

1. _____
2. _____
3. _____

Possible Strengths:

What knowledge and life experience makes you unique?

Include things from your childhood to now.

1. _____
2. _____
3. _____

Possible Strengths:

What are some unusual skills you have?

What do you do, that you don't often see others doing?

1. _____
2. _____
3. _____

Possible Strengths: