

Name \_\_\_\_\_

# Spotlight on my Strengths

Each of us has an essential strength profile as unique as our thumb print. When you discover your strengths, you can use them and enjoy life more, as well as handle stress and deal with life's challenges.

To find out yours, take this short survey.

1. For each statement, decide whether it is “mostly like me,” “sometimes like me,” or “not often like me.”

**Put an X in the corresponding box.**

2. Read all the statements first and assign a category. Then review the “mostly like me” column and circle the top 5 that feels most like you and make you feel the **most excited**.

How much is each statement below like you?	Mostly like me (no more than 10)	Sometimes like me	Not often like me
1. I take on each day with energy and excitement.			
2. I get along well with others and my friends can count on me.			
3. I appreciate the good things that happen to me.			
4. I value my close relationships with others.			
5. I work hard to achieve my goals and don't give up.			
6. I can think of lots of ways to solve problems and use my imagination.			
7. I explore the world around me and have fun learning.			
8. I get excited discovering new things.			
9. I believe everyone should have the same opportunities.			
10. I like bringing a smile to others.			
11. I take on challenges and speak up for what is right.			
12. I feel positive when I think about the future.			
13. I can stop, wait, and manage my emotions.			
14. I can be the conductor! People look to me for direction.			
15. I am helpful and nice to others.			
16. I appreciate the beauty in the world around me.			
17. I let my accomplishments speak for themselves.			
18. I am open and truthful.			
19. I carefully consider all options when making a decision.			
20. I am open-minded and think through my decisions.			
21. I can 'put myself in others' shoes and help give good advice.			
22. I like being part of a team and doing my share.			
23. I believe that everyone deserves a second chance. I am able to let things go.			
24. I am discovering my purpose and place in the world.			

List the numbers of your top 5 “mostly like me”: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

Use the answer key on the next page to spot your top strengths!

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## Strengths Spotlight Answer Key

Use this answer key to find your top strengths. For each number circled, write that strength below.

- |                     |                            |                      |
|---------------------|----------------------------|----------------------|
| 1. Zest             | 9. Fairness                | 17. Humility         |
| 2. Friendship       | 10. Humor                  | 18. Honesty          |
| 3. Gratitude        | 11. Bravery                | 19. Prudence         |
| 4. Love             | 12. Hope                   | 20. Judgment         |
| 5. Perseverance     | 13. Self-Control           | 21. Perspective      |
| 6. Creativity       | 14. Leadership             | 22. Teamwork         |
| 7. Curiosity        | 15. Kindness               | 23. Forgiveness      |
| 8. Love of Learning | 16. Appreciation of Beauty | 24. Sense of Meaning |

### Strength Spotlight: Top 5!

List your top strengths and post them where you can keep them top of mind. We often forget that we have all 24 strengths inside us. Having a visual reminder helps remember them and use them on purpose.

#### My top 5 Strengths:

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

# What Strengths Will You Use Today?



**Mindfulness**  
I am present and fully engaged in the moment.



**Appreciation of Beauty**  
I value and respect the unique qualities in everything I see around me.



**Bravery**  
I take on challenges and speak up for what is right.



**Creativity**  
I can think of lots of ways to solve problems and use my imagination.



**Curiosity**  
I explore the world around me with an open mind and ask questions often.



**Fairness**  
I believe everyone should have the same opportunities.



**Forgiveness**  
I believe that everyone deserves a second chance. I can let things go.



**Friendship**  
I get along well with others and my friends can count on me.



**Gratitude**  
I appreciate the good things that happen to me.



**Honesty**  
I am open and truthful.



**Hope**  
I feel positive when I think about the future.



**Humility**  
I let my accomplishments speak for themselves.



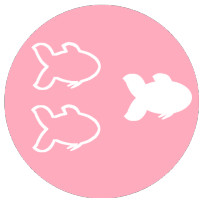
**Humor**  
I like bringing a smile to others.



**Judgment**  
I am open-minded and think through my decisions.



**Kindness**  
I am helpful and nice to others.



**Leadership**  
People value my opinion and look to me for direction.



**Love**  
I value my close relationships with others.



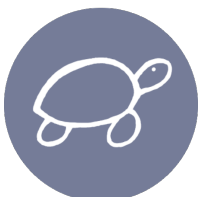
**Love of Learning**  
I get excited about discovering new things.



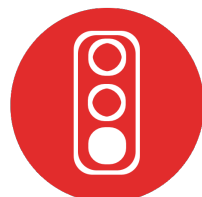
**Perseverance**  
I work hard to achieve my goals and don't give up.



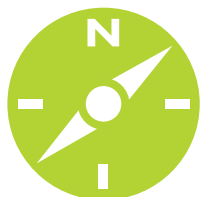
**Perspective**  
I can see other people's points of view and offer good advice.



**Prudence**  
I carefully and thoughtfully approach situations I encounter.



**Self-Control**  
I can stop, wait and manage my emotions.



**Sense of Meaning**  
I am discovering my purpose and place in the world.



**Teamwork**  
I like being part of a team and doing my share.



**Zest**  
I approach daily life with energy and excitement.