

Name: _____

Strengths Discovery for College Employees

Activity I enjoy and am good at: _____

The strengths and abilities that help me with that activity include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Activity I enjoy and am good at: _____

The strengths and abilities that help me with that activity include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Accomplishment I am very proud of: _____

The strengths and abilities that helped me achieve this goal include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Once you have filled every line above, highlight the strengths and abilities that are listed under more than one activity. Also, highlight the strengths and abilities you feel most confident about.

Now, think about how the strengths and abilities you identified on the first page connect with achieving your goals and overcoming the obstacles you might face.

A goal I have for my current work: _____

My strengths and abilities that can help achieve this goal include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

A personal goal I have: _____

My strengths and abilities that can help achieve this goal include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

An obstacle I might face: _____

My strengths and abilities that can help overcome this obstacle include

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Finally, consider which of your strengths are most reliable, easily transferred, produce the most confidence, etc. List them here and commit to remembering them and relying on them.

My top five strengths:

_____	_____	_____
_____	_____	_____