

STRENGTHS BASED THINKING WORKSHEET

Purpose: Identify personal strengths and leverage them.

1. List your top strengths.
 2. How do they show up in your work/life?
 3. How can you double down on them?
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Strengths	How I Use Them	More Ways To Use Them



HOW TO USE (PRO TIPS)

Stop Fixing Weaknesses—Double Down on Strengths:

→ Instead of trying to be “well-rounded,” build a spiky skill set (be great at a few things).

Use Strengths to Solve Weaknesses:

→ If you’re bad at details but great at vision, partner with detail-oriented people.

Identify What Feels Easy to You (But Hard to Others):

→ Your unfair advantage is often what comes naturally to you.

Use “Energy Audit” to Find Strengths:

→ Track your work for a week and note:

- ◆ What tasks drain you?
- ◆ What tasks energize you?

Pro Tip:

→ Your highest value work happens where your strengths meet what the world values.

→ If you’re struggling, you may be playing the wrong game—shift to your natural talents.



QUESTIONS TO REFLECT ON

Core Strength Identification:

- What are the skills or traits that come most naturally to you, and how have they contributed to your past successes?
- How can you articulate these strengths in measurable terms (e.g., achievements, impact on team performance, personal milestones)?

Leveraging Strengths:

- In challenging situations, how can you use your inherent strengths to overcome weaknesses or obstacles?
- How can you align your strengths with your long-term goals, whether in personal development or professional advancement?

Feedback and Growth:

- What constructive feedback have you received that aligns with your strengths, and how have you leveraged that to further enhance your abilities?
 - How can you create a plan to develop complementary skills that reinforce your natural talents and mitigate areas of vulnerability?
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