

STRENGTHS REFLECTION

Now that you have evaluated your strengths and received feedback from your fans, spend some time exploring these questions—to make sure we capture all possible strengths! You don't have to answer each per se, but take a look at these prompts and see if any new strengths come up for you.

- I'm really good at...
- When I do these things, I'm fearless...
- I'm unique (even quirky) in these ways...
- When I look back at my biggest successes in life, I see these personal strengths contributed...
- When I look back at the biggest challenges I've overcome, I see these personal strengths contributed...
- I do these things effortlessly...
- If I'm working in a group, I usually fill the role of (expert, supporter, organizer, etc.)
- In school, these classes were easy for me...
- These are things some people might think are difficult, but I find easy most of the time...
- People praise me for...
- Careers/jobs/activities people tell me I would be great at include...
- My friends come to me for help on...
- My family comes to me for help on...
- My coworkers/colleagues come to me for help on...
- My neighbors or others in my community come to me for help on...
- I feel really confident when I am...