# IDENTIFYING YOUR NATURAL STRENGTHS

## *Write down the activities that best fit each question*

*The way you work:*

|  |  |
| --- | --- |
| **Which activities…** | |
| … come naturally and easily to you? |  |
| … are you more creative and productive in? |  |
| … do you try over again and again without giving up? |  |
| … do you learn quickly? |  |
| … make you get so absorbed that you lose track of time? |  |

*Your work results:*

|  |  |
| --- | --- |
| **Which activities do you…** | |
| … do better than other people? |  |
| … get praised for; do others see *you* as being good at? |  |

*How you feel about work:*

|  |  |
| --- | --- |
| **Which activities do you…** | |
| … look forward to doing? |  |
| … enjoy doing? |  |
| … feel strong when doing – feel are “the real *me*”? |  |
| … get energized from, even if you work for a long time? |  |
| … feel satisfied and proud about when finished? |  |