

Strengths Worksheet

Name:

Date:

Identifying My Strengths

What are some of my natural talents and abilities?

What skills have I developed over time?

Reflecting on Recent Successes

Describe a recent accomplishment or success you're proud of

How did your strengths contribute to this success?

What did you learn from this experience?

Recognizing Strengths in Action

Think of a situation where you felt confident and in your element

Identify the strengths you demonstrated in that situation

How did these strengths impact the outcome?

Strengths Development Plan

Which strength would you like to further develop or maximize?

How can you nurture and enhance this strength?

What resources or support do you need to develop this strength?

Additional notes