

# Strengths Exploration Worksheet

## 1. Reflecting on Your Strengths

- Think about times you've succeeded or felt proud of your achievements. What strengths did you use to accomplish these successes?

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- Recall instances when you received compliments or positive feedback. What qualities were others appreciating in you?

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## 2. Identifying Strengths in Various Domains

- Reflect on your personal characteristics that you value. What makes you a good friend, family member, or partner?

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- Consider your work or educational setting. What skills or qualities contribute to your success in these environments?

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- Think about your hobbies, creative pursuits, or sports. What abilities or traits make you excel in these areas?

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### **3. Strengths in Action**

- Reflect on a recent challenge. How could you use or how did you use your identified strengths to navigate this situation?

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- Looking ahead, how can you utilize your strengths in new or existing projects, goals, or challenges?

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