

Using Strengths Worksheet

1. List your top five strengths. These can be talents, skills, or personal qualities.

1. _____

2. _____

3. _____

4. _____

5. _____

2. How do these strengths show up in your life currently? Provide specific examples.

3. How do you feel when you use these strengths?

4. Consider how you can apply your strengths in the following areas:

- Personal Life:

- Work/School:

- Relationships:

- Hobbies/Interests:

5. Set three specific goals to use your strengths more intentionally.

6. What potential obstacles might you face in using your strengths more often?

7. How can you overcome these obstacles?
