

My Personal Strengths Worksheet

Choose each strength that you believe you have, and write it on the inside of the inner circle on the third page of this document.

Now have your spouse or partner, children or friends go over the below list of strengths (make each of them a copy of this page) and send it back, telling you which ones they think you have.

Write their feedback all around the inside of the outer circle on the third page.

Compare the feedback that you received. Often other people see our strengths more than we do. How does your perception of yourself differ from how others perceive you?

| | | |
|-----------------------------|--------------------------|------------------------------|
| ✓ able to give orders | ✓ funny | ✓ orderly |
| ✓ able to take orders | ✓ generous | ✓ organized |
| ✓ able to take care of self | ✓ gets along with others | ✓ on time |
| ✓ accepts advice | ✓ gets things done | ✓ open |
| ✓ admires others | ✓ gives a lot | ✓ patient |
| ✓ affectionate | ✓ goal setter | ✓ peaceful |
| ✓ alive | ✓ good with your hands | ✓ physically fit |
| ✓ appreciative | ✓ graceful | ✓ pleasant |
| ✓ articulate | ✓ grateful | ✓ positive attitude |
| ✓ artistic | ✓ good cook | ✓ quick learner |
| ✓ assertive | ✓ good dancer | ✓ religious |
| ✓ athletic | ✓ happy | ✓ resilient |
| ✓ attractive | ✓ hard worker | ✓ respectful of authority |
| ✓ bright | ✓ healthy | ✓ respected by others |
| ✓ brave | ✓ helpful good friend | ✓ responsible |
| ✓ businesslike | ✓ good leader | ✓ risk taker |
| ✓ calm | ✓ good listener | ✓ self-confident |
| ✓ can be firm if necessary | ✓ good looking | ✓ self-reliant |
| ✓ caring | ✓ good manners | ✓ self-respecting |
| ✓ clean | ✓ good neighbor | ✓ sense of humor |
| ✓ committed | ✓ good parent | ✓ sensitive |
| ✓ common sense | ✓ good singer | ✓ speak several languages |
| ✓ communicates well | ✓ good with details | ✓ spontaneous |
| ✓ compassionate | ✓ good with words | ✓ straightforward and direct |
| ✓ considerate | ✓ honest | ✓ strong |
| ✓ cooperative | ✓ humorous | ✓ team player |
| ✓ courteous | ✓ independent | ✓ tolerant |
| ✓ creative | ✓ inspiring | ✓ trusting |
| ✓ daring | ✓ intelligent | ✓ truthful |
| ✓ dedicated | ✓ joyful | ✓ understanding |
| ✓ dependable | ✓ keeps agreements | ✓ unselfish |
| ✓ diligent | ✓ kind and reassuring | ✓ visionary |
| ✓ disciplined | ✓ leadership | ✓ warm |
| ✓ do what needs to be done | ✓ likes responsibility | ✓ well-dressed |
| ✓ don't give up | ✓ lots of friends | ✓ |

| | | |
|----------------------------------|---------------------------|---|
| ✓ eager to get along with others | ✓ lovable | ✓ |
| ✓ eager to please | ✓ loving | ✓ |
| ✓ effective | ✓ loyal | ✓ |
| ✓ efficient | ✓ makes a difference | ✓ |
| ✓ elegant | ✓ makes a good impression | ✓ |
| ✓ encourages others | ✓ mathematical | ✓ |
| ✓ enjoys taking care of others | ✓ mechanical | ✓ |
| ✓ fair | ✓ motivates others | ✓ |
| ✓ feeling | ✓ musical | ✓ |
| ✓ forceful | ✓ never gives up | |
| ✓ frank and honest | ✓ observant | |
| ✓ friendly | ✓ often admire | |

