

STEP BY STEP: DEVELOP CORE STRENGTHS

CONNECT

- a. Think of 3 different situations when you performed to the best of your ability. What are the strengths or abilities that help you to achieve that? What do you find naturally easy to do that others may find challenging? Write up to 10 strengths that you possess.

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- b. Invite loved ones, trusted friends and people you work with to identify strengths in you that they value most. Add the feedback to your list.
Some questions you can ask include:
 - What are some specific situations where I performed at my best?
 - When did I seem most at ease or in my element?
 - In these situations, what do you think I'm particularly good at doing?
- c. Circle the top 4 core strengths that you and others agree on.

- d. Ask someone you trust: “What is the dark side of each of my core strengths?” Consider the feedback and write down how your core values can safeguard your core strengths.
- e. Revise or write down any new core strengths you learned from your conversation. Identify 3 or 4 core strengths that will help you to achieve your life-giving goals.



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Write your core strengths here →

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