

Strengths Discovery Worksheet

Identify your positive qualities, skills, and talents by reflecting on moments when your strengths were in action using the 5-4-3-2-1 technique

5 activities that you enjoy doing in your free time <small>(These are often linked to your natural inclinations and abilities)</small>				
1	2	3	4	5
4 accomplishments you are proud of <small>(Consider both big and small achievements, as they can reveal your hidden talents)</small>				
1	2	3	4	
3 compliments or positive feedback you received from others <small>(See yourself through other people's eyes)</small>				
1	2	3		
2 skills or talents that you believe set you apart <small>(Think about what you do better than those around you)</small>				
1	2			
1 life experience that significantly shaped who you are today <small>(That is what makes you unique)</small>				
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* Remember, strengths are not just what you're good at, but also what brings you joy and fulfillment. Keep nurturing these strengths!