



ACTIVITY: What Are Your Strengths?

Purpose

The purpose of this activity is to:

- Identify and appreciate your strengths
- Consider how you can apply your strengths more often

ESTIMATED TIME

10-15 minutes

MATERIALS

Required:

- A. Pen and paper

Background

- Strengths are the talents and abilities that are essential to who you are. They are positive traits that come naturally to you. When you use your strengths you feel energized.
- Our efforts at self-improvement are often centered around improving our areas of weakness. While there can be great benefit in this, it is equally important to recognize our strengths and learn how to use them more advantageously.
- Using your strengths can decrease stress and increase happiness, life-satisfaction and self-confidence. People who use their strengths at work experience greater engagement.



Activity

- 1) Hand out the activity worksheet to participants.
- 2) Using information on page 1, explain what strengths are.
- 3) Ask participants to select their top 3-5 strengths. They can use the strengths on the list provided or create their own if they identify a strength that isn't on the list.
- 4) If they want, they can ask others for input on their strengths. Other methods to identify their strengths can include thinking about what they enjoy doing, when they feel most comfortable, and what energizes them.
- 5) After they identify a few of their strengths, have them answer the questions on the worksheet. Instruct them to think about how and where they use their strengths both at and outside of work.
- 6) Go around the room - or break into small groups if the group is large- and ask people to share their strengths.

Discussion Questions/ Key Points

Have you thought about your strengths before?

Do you focus more on your strengths or weaknesses?

Was it hard to identify your strengths? Why or why not?

How can we use our strengths to help us with areas of weakness?

Let's Try This!

If the group is interested in learning more about their strengths, individuals can take a free strengths survey at the VIA link below.

Follow-up

Have a follow-up discussion a few weeks later. Are people noticing their strengths in action? Has anyone found a way (or ways) to increase use of their strengths or use their strengths in new ways?



RESILIENCY

Handout

What Are Your Strengths?

What are my strengths?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

How do I already use these strengths at work?

How do I already use these strengths outside of work?

What are other ways I could utilize my strengths at work and at home?

One way I will use one of my strengths this week is...



Activity

STRENGTHS

Appreciation of
Beauty/Nature

Confidence

Courage/Bravery

Creating
harmony

Creativity

Critical Thinking

Curiosity

Detail-Oriented

Empathy

Fairness

Flexible (adapt
to change easily)

Forgiveness

Gratitude

Honesty

Humility

Humor

Idea Generator

Inspiring

Kindness

Leadership

Love

Love of Learning

Mentoring/
Developing

Others

Others

Open-minded

Organization/
Planning

Planning

Perseverance

Perspective

Persuasive

Positivity

Problem-solving

Self-Regulation

Social

intelligence/skills

Speaking skills

Spontaneous

Stamina/Hard

Work

Teamwork

Writing skills