

Identifying strengths

1. Your personal characteristics and strengths will affect your job opportunities; identifying them will allow you to see yourself in the right perspective and also strengthen your self-respect and self-confidence. You can develop your strengths, but it always requires commitment, self-discipline and effort. On the page below, select the characteristics/strengths that you believe you have. Be honest with yourself. Grade the selected strengths as follows:

1 = does not describe me at all, 2 = describes me poorly, 3 = describes me fairly well, 4 = describes me well, 5 = describes me extremely well

Hardworking	Thoughtful	Active	Takes initiative
Analytical	Generous	Broadminded	Open
Helpful	Diplomatic	Lively	Energetic
Unselfish	Performer	Progression-	Cautious
Faithful	Attentive	minded	Alert
Sensitive	Discreet	Quiet	Temperate
Caring	Diligent	Considerate	Humoristic
Kind	Hospitable	Happy	Enthusiastic
Inspiring	Self-confident	Self-controlled	Autonomous
Consistent	Flexible	Systematic	Rational
Inventive	Linguistically	Assumes	Polite
Convincing	gifted	responsibility	Strong
Mature	Patient	Practical	Interrogative
Daring	Easy-going	Gifted in athletics	Strong-willed
Sincere	Reliable	Trusting	Creative
Inclined to seize	Emotional	Mathematically	Imaginative
opportunities	Punctual	gifted	Responsible
Pleasant	Determined	Pleasant	Compassionate
Resourceful	Clever	Verbal	Stable
Humble	Fair	Righteous	Intuitive
Quick to learn	Optimistic	Organiser	Fearless
Thorough	Persistent	Cooperative	Talkative
Decisive	Efficient	Realistic	Honest
Energetic	Relaxed	Independent	Courageous
Adventurous	Sociable	Brave	Adaptable
Peaceable	Social	Spontaneous	Honest
Tidy	Tolerant	Understanding	Compassionate
Friendly	Economical	Tactful	Artistic
Precise	Modest	Balanced	

2. Once you have given the grades, select your five key strengths and elaborate on the kinds of situations in which they have been manifested.

3. Select five strengths that you wish to develop in yourself and explain why. In what ways can you develop them?