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

LIVEWORKSHEETS

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?

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