



BE UNSTOPPABLE

COACHING



Strengths Assessment

Tool and Worksheet





Strengths Assessment

Identify Your Character Strengths, Overall Strengths and Weaknesses!

Personal strengths, natural talents and positive traits are unique personal elements, that once identified, can be built upon through education and practice, to a level that increases one's self-esteem (what we think of ourselves), self-confidence (how we present ourselves), self-efficacy (our belief in our ability) and self-worth (how much we value ourselves), which collectively create an authentic, strong, positive individual, capable to do anything they set their mind to.

Review the lists below and identify your strongest character traits ...

Honest	Loyal	Dependable	Optimistic	Trustworthy
Hard Working	Independent	Enthusiastic	Organised	Friendly
Ambitious	Responsible	Forgiving	Patient	Curious
Compassionate	Considerate	Humble	Respectful	Energetic
Courageous	Creative	Loving	Selfless	Humorous

My top three (3) character traits are? *You can include something not listed above ...*

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Review the lists below and identify your strengths ...

Adaptable	Confident	Optimistic	Empathic	Empathic
Articulate	Diplomatic	Reliable	Determined	Determined
Creative	Intelligent	Visionary	Disciplined	Disciplined
Athletic	Generous	Leader	Communicative	Communicative
Resourceful	Hard-working	Influential	Strategic	Strategic

My top three (3) strengths are? *You can include something not listed above ...*

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Review the lists below and identify your weaknesses ...

Antisocial	Dishonest	Insecure	Obsessive	Selfish
Fearful	Disorganised	Introverted	Procrastinator	Prejudiced
Inflexible	Pessimistic	Unaware	Distrustful	Uncommitted
Impulsive	Egotistical	Irresponsible	Sarcastic	Ungrateful

My top three (3) weaknesses are? *You can include something not listed above ...*

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How can you use your character traits more effectively in daily life?

What strengths can be harnessed even more to improve your personal life experiences?

What strengths can be harnessed even more to improve your professional life outcomes?

How are your weaknesses effecting your decisions, actions and progress towards goals?

What can you do to lessen the impact of your weaknesses?

What do you want to harness most amongst your personal strengths? How will you do this?
