

FOCUSING ON YOUR STRENGTHS AND VALUES

FOCUS YOUR STRENGTHS

It is important to know our strengths so that we can build on and develop them further in our careers. Rather than being freely chosen like values, strengths are more of a reflection of our brain development, skills and/or personality to date.

To start, select 10 strengths below that you feel are most fitting for you:

- | | | |
|--------------|----------------|-----------------|
| Adaptable | Decisive | Reliable |
| Positive | Enthusiastic | Responsible |
| Relatable | Competitive | Curious |
| Empathetic | Focused | Always learning |
| Harmonious | Punctual | Passionate |
| Analytical | Independent | Original |
| Futuristic | Dedicated | Resilience |
| Idealistic | Self-Confident | |
| Intellectual | Communication | |

Now, look at the list above and circle the strength that feels more like you between the 2 strengths next to each other to determine your top 5 strengths.

For example, if you circle "Adaptable" and "Decisive" in the top line, and you feel you are more adaptable than decisive, circle "Adaptable." Then move to the next line.

FOCUS YOUR VALUES

Now, select 10 values below that you feel are most fitting for you:

- | | | |
|---------------|---------------|--------------|
| Dependability | Courage | Health |
| Honesty | Service | Simplicity |
| Truth | Teamwork | Accuracy |
| Drive | Tolerance | Organization |
| Hard Work | Curiosity | Structure |
| Success | Imagination | Enthusiasm |
| Common Sense | Learning | Fun |
| Leadership | Freedom | Spontaneity |
| Wisdom | Individuality | Compassion |
| Bravery | Openness | Gratitude |
| Confidence | Focus | Respect |

Now, look at the list above and circle the word that you value most between the 2 values you listed next to each other.

For example, if you circle "Courage" and "Health" in the top line, and you feel that you value health more than courage, circle "Health."

YOUR TOP 5

Now write the words that you circled for your top five strengths and top five values to the right:

TOP 5 STRENGTHS

TOP 5 VALUES

Journal Reflection

Take some time reflect on the following questions and use your answers to guide you in setting your goals.

1. What makes me really excited about life?
2. What goals do I need to set in order to achieve the lifestyle I want to live?
3. How will I handle someone disagreeing with my goals?
4. How does the possibility of failure affect my motivation, drive and goal setting?