

STRENGTHS WORKSHEET

ACTIVITY #1: I LOVED IT WHEN.....

Think back over the last week. Recall the activities that you loved doing. Make a list below of the activities that had you:

FEELING	THINKING/SAYING
Powerful	That was easy
Passionate	Time went by so fast
On fire	This is fun
Confident	When can I do this again
Natural	AWESOME!
Strong	
Authentic	

ACTIVITY #2: WHAT MATTERS?

In this activity you will work with a partner to clarify the factors that must be present to generate that positive emotion – feeling strong.

WRITE the activity from your list here:

WHY did I do this activity?

What matters -- Research? Help someone? Create something? For Fun?

Does it matter **WHO** I do this activity with/to/for?

What matters -- Who was involved? Coworkers? Strangers? One person? Many people? Alone?

WHEN did I do this activity?

What matters -- Time of day? During a crisis? Scheduled? Spontaneous? Beginning/middle/end of project?

WHAT part of the activity gave me energy?

What matters – Setting? Activity? In person? Remote? Pace (fast or slow)?

DRAFT STRENGTH STATEMENT:
I feel strong when....

ACTIVITY #3: STRENGTHS CHAT QUESTIONS

I feel strong when ...

Describe 2 *vivid* examples of doing this activity in a business setting:

1.

2.

How does this strength help you in a job/work setting?

How could you spend time focusing on this activity in a work setting?

