



# STRENGTH FINDER

Name	
contact info	

Knowing your strengths helps you navigate the world more confidently. Imagine you carry a toolbox with you wherever you go. Each time you face a new challenge, you look into your toolbox and equip yourself with any helpful tool.

Knowing your strengths is also the most straightforward way to be more confident. It helps enhance your self-development and leadership.

Our strengths include our natural talents, learned skills and competencies, and experiences.

It is, however, often difficult to remember what your strengths are. The exercises in this e-book will help you find your strengths and learn some new things about yourself.

At the end of this e-book you will also find a non-exhaustive list of most often used strengths for your reference.



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PART I: EXPLORATION



Answer the questions below. Think about qualities, skills and competencies that you have shown in dealing with every described situation.

What is it that I can do effortlessly?

What do I do when I am lazy but still have to complete a task?

How do I do things when they are demanding?

What advantages do I have that no one else has?

What do I do better than anyone else

What tasks do I most often end up taking care of?

What achievements am I most proud of?

What values do I believe in?

How do my family members, friends and colleagues describe me?

What roles do I naturally assume when in my (familiar/friendly/professional/unknown) circle?

What qualities are listed in my latest professional reference letter?



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## PART II: QUESTIONS



Answer the questions below. Think about the qualities, skills and competencies that you use to deal with every situation.

- Do you come up with suitable solution whenever you and/or your team are facing an issue/problem?
- In the team, do you usually take charge or wait for someone to lead?
- Do you make new acquaintances easily?
- Do you like solving complex problems?
- Do you trust what people say?
- Do you know how to comfort others?
- Do you like to know how things work?
- Are you easily embarrassed?
- Can you handle a lot of information?
- Do you remain calm under pressure?
- Do you quickly adapt to new situations?
- Are you doing more than expected
- Do you need to do things in a logical order?
- Do you enjoy being a part of the group?
- Are you usually full of ideas?
- Do you treat all people equally?
- Do you let bygones be bygones?
- Do you praise colleagues and friends for achievements?
- Are you able to fit into any situation?
- Do you always finish your tasks/projects?
- Do you prefer variety to routine?
- Do you take your stand in front of the opposition?
- Are you usually a patient person?
- Is your working place tidy?
- Do you maintain high energy throughout the day?
- Do you maintain a broad outlook on the issues in your care?
- Do you know how others feel?
- Are you on time for meetings?

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## PART III: SITUATIONS



Think about the situations in below prompts. What qualities, skills and competencies have you demonstrated in these situations?

- Think of your three most significant successes. What skills, competencies, and qualities have you demonstrated?
- Think of your three most significant challenges. What skills, qualities and competencies have helped you overcome them?
- Think of the last time you had a misunderstanding with your colleague. How have you behaved?
- Think of the last time you've had a misunderstanding with your partner. How have you behaved?
- Think of the last time you've not succeeded in your engagement. What helped you move on?
- Think of the last time you've faced new challenge. What helped you move forward with it?
- Think about last time you learned that your friend succeeded at something. How did you feel? What did you do?



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PART IV: STRENGTH LIBRARY



Active listening	Logical thinking
Adaptability	Motivated
Ambitious	Open-minded
Assertive	Organised
Balanced	Patient
Caring	Persuasive
Communication	Practical
Confident	Prioritising
Conflict resolution	Professional
Considerate	Public speaking
Cooperative	Punctual
Creative	Quick learner
Curious	Resourcefulness
Decision-making	Respectful
Detail-oriented	Responsible
Determination	Results-driven
Disciplined	Self-motivated
Empathy	Smart
Flexibility	Solving complex issues
Focused	Storyteller
Honest	Straightforward
Honesty	Strategical thinking
Innovative	Team-player
Inquisitive	Thoughtful
Inspirational	Time Management
Interpersonal skills	Trustworthiness
Kind	Work ethic
Leadership	