

Strengths Reflection Worksheet

Step 1: Reflect on Your Strengths

What tasks or activities do you excel at?

What do you find easy that other people find difficult?

When do you feel most energized and engaged?

Step 2: Seek Feedback from Others on Your Strengths

What do family members or friends think your strengths are?

What do colleagues or mentors think your strengths are?

Step 3: Take Strengths Assessments

Notes on CliftonStrengths Results:

Notes on VIA Character Strengths Results:

Notes from Other Assessments:

Step 4: Analyze Common Patterns to Determine Your Very Top Strengths

Based on the results from Steps 1-3, my top 5 strengths/skills are:

1. [STRENGTH 1]
2. [STRENGTH 2]
3. [STRENGTH 3]
4. [STRENGTH 4]
5. [STRENGTH 5]

Step 5: Identify Ways You Can Leverage Your Strengths

In what ways are you currently applying your strengths in your career or role?

In what ways can you apply your strengths more effectively or often?

In what ways can you utilize your strengths to make up for some of your weaknesses/areas for improvement?

In what ways can you further develop your strengths?

Step 6: Set Some Strengths-Based Goals

Goal #1: I aim to...

Action Plan #1: I will accomplish this goal by...

Goal #2: I aim to...

Action Plan #2: I will accomplish this goal by...

Goal #3: I aim to...

Action Plan #3: I will accomplish this goal by...
