

## Worksheet: What are your top Strengths?

**Step 1:** Circle all of your strengths. Put a star next to the 2-3 top strengths.

Curiosity	Bravery	Fairness
Perspective	Humor	Leadership
Forgiveness	Organization	Self-regulation
Spirituality	Focus	Prudence
Hope	Appreciation of Beauty	Zest
Gratitude	Appreciation of Excellence	Humility
Social intelligence	Teamwork	Love
Love of learning	Persistence	Kindness
Creativity	Open-mindedness	Authenticity

**Step 2:** How could you use one of these strengths more when you're at work?  
Write down a couple of ideas:

**Step 3:** Consider a challenge coming up soon at work.  
How could you bring one or more of your signature strengths to this challenge?

**Step 4:** Talk your responses over with your partner.