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.