

Worksheet: Uncovering Your Strengths



Identify personal strengths and connect them to moments of authenticity and accomplishment, while encouraging mutual support and celebration within the group.

This activity can also be done individually.

- 1. Reflect on three moments in your work or personal life where you felt authentic, accomplished, or in your element. These can be moments that brought a smile to your face, made you laugh, or gave you a sense of satisfaction. 😊
- 2. Once you've identified your three moments, give each one a title and write down three sentences describing the event. Think about your behaviors, actions, and emotions during each moment.
- 3. Consider using the following words as prompts to help you:
 - Accomplishment 💪
 - Creativity 🎨
 - Connection 🤝
 - Adventure 🚀
 - Nature 🌳
 - Laughter 😂
 - Learning 📖
 - Relaxation 😌

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● Moment 1:
Title: _____

Description:

1. _____
2. _____
3. _____

● Moment 2:
Title: _____

Description:

1. _____
2. _____
3. _____

● Moment 3:
Title: _____

Description:

1. _____
2. _____
3. _____

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Reflection

After you've completed your three moments, look for common threads or themes between them.

Are there any strengths that emerge across the moments?

For example, if you had a moment where you were playing with your grandchild and another where you were hanging out with your friends, a strength might be connection.

Write down any strengths you have identified:

1. _____
2. _____
3. _____

Embrace and celebrate your strengths, and look for opportunities to use them in your personal and professional life. 🎉🌟
