

TRIO

According to the Gallup Institute, the best way to develop and see your greatest “return on investment” in yourself is to identify and build on ways you most naturally think, feel, and behave. Doing this creates strength and consistency.

Let’s identify your strengths.

What are your hobbies and interests—how you’d spend your time even if you weren’t getting paid to do it?

List your *KSAPs*! What knowledge, skills, abilities, and personal characteristics do you possess? Think hard, ask your friends and family for help.

Look on the FLC Leadership Center’s website and research StrengthsQuest:

What is it?

Want to know your strengths? Schedule a time to do it! When is your appointment? _____

Do you agree with the following statement? Why or why not? *Identifying and using your strengths allows you to be more of who you already are, as opposed to “you can be anything you want.”*

Identifying and defining your personal strengths

When you try to find your own strengths, think about what comes naturally to you. Don't choose attributes that you would like to have or that you admire. Especially avoid those which seem hard for you. Choose things that describe who you are at the core. Look at the list below and circle your strengths. Pick as many as you want.

Once you've done that, select your top three. Number one is your biggest strength, number three is in third place.

The following suggestions can help you in selecting your strengths.

- You feel a sense of ownership or authenticity when you use this strength ("this is the real me!").
- You have a feeling of excitement while displaying the strength.
- You experience a rapid learning curve as themes are attached to the strength and practiced.
- You have a sense of yearning to act in accordance with the strength.
- You feel invigorated rather than exhausted when using the strength.
- Other people consistently compliment you on the characteristic.

ACTION-ORIENTED	ADVENTUROUS	ANALYTICAL	ARTISTIC
ATHLETIC	AUTHENTIC	CARING	CLEVER
COMPASSIONATE	CHARMING	COMMUNICATIVE	CONFIDENT
COURAGEOUS	CREATIVE	CURIOUS	DETERMINED
DISCIPLINED	EDUCATED	EMPATHETIC	EMOTIONALLY INTELLIGENT
ENERGETIC	ENTERTAINING	FAST	FLEXIBLE
FOCUSED	GRATEFUL	HELPING	INSPIRING
INTELLIGENT	LEADER	LOVE OF LEARNING	MOTIVATED
OPTIMISTIC	OPEN-MINDED	ORGANIZED	OUTGOING
PATIENT	PRECISE	RESPONSIBLE	SELF-CONTROLLED
WELL SPOKEN	SPONTANEOUS	SOCIAL SKILLS	STRATEGIC THINKER
TEAM-ORIENTED	THOUGHTFUL	TRUSTWORTHY	VISONARY
WARM	WILLPOWER	WISE	

What is your number one strength? How do you know that?

What is your number two strength? How do you know?

What is your number three strength? How do you know?

Are there any that you didn't circle that you would like to work on? Which one(s)?