

IDENTIFY YOUR INDIVIDUAL STRENGTHS AT WORK

1) What are your individual strengths in your work?

Think about qualities that you know are your natural strengths and list five of them. For example: creativity, accuracy, flexibility, friendliness, honesty, openness, cheerfulness, listening...

- 1.
- 2.
- 3.
- 4.
- 5.

2) In what situations do your strengths show in your working life?

Describe situations from your working life where you use the strengths mentioned above and explain how these strengths are helpful to you or others.

- 1.
- 2.
- 3.
- 4.
- 5.

