

## Identify Your Strengths

1. What are three of your greatest strengths?
2. Recall some of the biggest challenges in your life. How did you overcome them?
3. What do you like about yourself?
4. What do you enjoy doing?
5. What do you yearn to do?
6. What are some **unusual** skills you have?
7. What are you proud of in your life?
8. Describe your first achievement. What were you good and successful at early on?
9. What would not be like it is (volunteer commitment, employment, family...) had you not been part of it?
10. What do you get complimented on most?