

Skip Ahead Sheet Checklist of Strengths



Listed below are some strengths that you can consider when evaluating if they are your strengths:

- Creative - Originates new or inventive ways without letting the ego better than/less comparative mind rule your intentions.
- Productive – Capacity to produce quality work at an amazing pace. Ability to focus on completing your goals.
- Courage – Willingness to do the right act even when threats exist or no proof exists. High trust in Divine guidance.
- Discernment – Ability to stand back and evaluate value to you personally without judging others with your ego better than/less than comparative mind. Weighs all evidence fairly. Not making others good, bad or wrong, yet consciously evaluating actions as being of value to you or not.
- Commitment – Dedication and a pledge to see through what is started or agreed to.
- Mercy/Forgiveness – Ability to see or sense beyond the acts and understand others actions are dependent on their level of consciousness. Has mercy without giving up responsibility or respect of themselves.
- Curiosity – Eagerly exploring and discovering hidden truths or the secrets of life in the Universe. Willingly rejecting the surface answers and pursuing the depth of answers.
- Intellect – Thinks and reasons clearly. Integrates the emotional and the analytical into a rational thought without the ego better than/less than comparative mind. Resolves emotions before coming to conclusions.

- Intimacy – Openly invites others to connect by being close and tender. Communicates the acceptance of others by knowing they also are a part of Divine Creation.
- Empathy – Comprehends others suffering and pain without getting lost or sucked into experiencing that suffering and pain.
- Will – Decides and initiates actions to meet desired goals. A springboard for staying the course of those goals.
- Imagination – Mental faculty for forming or sensing physical representations of ideas in any sensory way.
- Leadership – Guiding or going ahead of others to facilitate a successful outcome that is in the highest and best for all. Ability to comprehend what others need for a successful outcome.
- Appreciation - Providing value and meaning to experiences or events, such as beauty, excellence or other aspects of people or life.
- Humor – Ability to shed light on events in life using silly or funny comparisons or analogies that cause people to lighten up.
- Integrity – Having self honesty without the ego self effacing or self ingratiating comparative mind.
- Dreaming – Imagines all possibilities without being concerned with only the probabilities. Ability to transcend how it has always been done and sense new ways never thought of.
- Visioning – Creates or inspires new ideas that contain and encompass both the practical and deeper spiritual or human meanings.
- Loving – Acts with others in ways that help them feel close, tender, safe, known and appreciated for their uniqueness.
- Communication – Connects with others to impart information and understanding that is clear and helps the recipient feel known at a deep soul level.
- Conceiving and perceiving – Forms and understands new ideas or concepts that have deeper meaning than the status qua.

- Compassion – Helping others by understanding their circumstances as well as their level of consciousness. Ability to forgive based on the level of consciousness.
- Determination – Being firm and resolute to meet your goals with purposeful actions.
- Vitality – Ability to endure and sustain energy and enthusiasm when negativity presents itself.
- Persistence – Continuing to pursue goals in the face of obstacles. Never giving up or giving in when goals are good, right and true.

For those who want to skip ahead.

Using a pen or pencil along with the list of strengths will not interfere with the muscle testing.

Hold the list of strengths along with a pen or pencil for marking which strengths test for a yes answer.

Test a strength using a full body muscle test:

- Find a quiet place. Stand with your feet shoulder width apart and face North. Keep yourself balanced by standing straight with shoulders back.
- Check how your muscle test is working for you by asking a basic true or false question. For example, “I am a woman,” or “I am a man.” If it is a true statement for you, you will tend to fall forward. If it is a false statement for you, you will tend to fall backward. This check will give you confidence that you are responding properly.
- If you do not get the appropriate response, then try drinking a glass of water. Keep practicing until you get consistent results for a true and false statement. It is advisable to always check a true and false statement before checking your beliefs.
- Now ask your highest self this question, “Will you answer me these questions without the interference of my ego mind?” Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now ask your highest self this question, “Is this my ego mind?” Muscle test for a no answer. If no, continue. If yes, continue. If yes, then relax and come back later until you receive a no answer.

- Now ask your highest self this question, “Will you answer me the truth instead of what I want to hear?” Muscle test for a yes answer. If yes, continue. If no, then relax and come back later until you receive a yes answer.
- Now state your strength and see if you receive a yes or no answer
- If it is “yes”, mark it as a strength then move to the next strength.
- If you receive a “no” answer, it may not be your strength