

Worksheet for Discovering Your Strengths



Read through these steps then fill out the events and your emotional responses in the attached pages for each success story.

Step 1: Think of 3 success stories you feel that you succeeded at something, no matter how big or small. The key is that you felt that you succeeded in accomplishing something. Maybe you were part of a team or helped someone else succeed with their goals. It could be a story of how you helped someone. You could have been learning a new skill. It could be a story of how you got a new job or position in your line of work. Some people start a business or try new ways of making an income. It could be a story where you tried executing a newly learned skill or technique. (see attached)

Step 2: Keep each story in mind as you then recall the events that took place in as much detail as you can remember. What were you trying to accomplish, who was there with you (friend or foe), what obstacles were in your way, were you trying to solve a problem, were you trying something new, did you help or change someone, were you developing a new skill, or were you proving to yourself you could accomplish something?

Step 3: List the actions you remember taking. Think about actions you took to support others in helping this be a success.

Step 4: Did you have a plan of what you wanted to do to accomplish your success, even if it was just in your mind? Recall as much as you are able to remember.

Step 5: How did you respond when obstacle came up? What did you think and feel? How did you relate to those who stood in your way?

Step 6: How did you respond when others supported you? What did you think and feel? How did you relate to those who supported you?

Step 7: Now tell your story to someone you trust or to yourself in the mirror and notice your physical reactions while telling your stories. (see attached) Notice common traits with all your stories.

Step 8: Use the checklist of strengths at the end and read the definitions to help you see your strengths.

Success story 1- describe your success:

Write down the events that took place.

What actions did you take?

Did you have a plan and what was it?

How did you respond when obstacles came up?

How did you respond when you felt supported?

Success story 2 - describe your success:

Write down the events that took place.

What actions did you take?

Did you have a plan and what was it?

How did you respond when obstacles came up?

How did you respond when you felt supported?

Success story 3 - describe your success:

Write down the events that took place.

What actions did you take?

Did you have a plan and what was it?

How did you respond when obstacles came up?

How did you respond when you felt supported?

Now tell your stories. Consider what common traits you had when you felt strong.

There are common patterns that reveal your natural strengths. Use this list to help you notice those patterns.

Feelings you may have while telling your story:

Strong

Supported

Trust

Confidence

Nothing can stop you

Happy and Joyous

Physical indications while telling your story:

Tall posture

Head held high

Firm countenance

Shoulders high

Eyes widened

Your Voice sounds when telling your story:

Vibrant

Clear

Excited

Bold

These are all clues to you expressing your strengths. Make note of what you were doing when you expressed strength.

List your strengths. Use the checklist of strengths on the next page to help you. List them all that ring true for you. Then use the tip sheet for muscle testing to muscle test if you have that strength.

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.