



Master Degree Lessons.

Identify Your Hidden Strengths

INSTRUCTIONS: Strengths can be hidden underneath a seemingly irrelevant ability or skill—let's identify some of them!

1. Answer the questions in the sticky notes below and write down whatever pops into your mind.
2. Where something is not an obvious 'strength' drill down by asking the questions: What have I glossed over? How do I do that? And What skills must I have to be able to do/enjoy that? Write these answers where it says "Possible Strengths:"



What were your 3 favourite subjects in school? *Write down whatever pops into your mind.*

1. _____
2. _____
3. _____

Possible Strengths:

What do you yearn to do? *Yearnings point to possible talents or skills that could be developed!*

1. _____
2. _____
3. _____

Possible Strengths:

What do you get complimented on most? *Think broadly—this could be anything at all.*

1. _____
2. _____
3. _____

Possible Strengths:

What do you like about yourself? *We often like what we're good at, so write whatever you think of*

1. _____
2. _____
3. _____

Possible Strengths:

What do you enjoy doing?

When do you lose your sense of time and get into flow?

1. _____
2. _____
3. _____

Possible Strengths:

What activities or tasks energize me? *What leaves you energized—even when it's hard work?*

1. _____
2. _____
3. _____

Possible Strengths:

What are you proud of? *Eg. an achievement, difficulty overcome or quality you use at home or at work.*

1. _____
2. _____
3. _____

Possible Strengths:

What knowledge and life experience makes you unique? *From your childhood to the present.*

1. _____
2. _____
3. _____

Possible Strengths:

What are some unusual skills you have? *What do you do that you rarely see others doing well?*

1. _____
2. _____
3. _____

Possible Strengths:



What patterns and themes do you notice?

List the Top 5 Strengths you notice from above:

1. _____
2. _____
3. _____
4. _____
5. _____