



Confirm your strengths

To double check that these really are your true strengths, ask yourself these questions in relation to each of your strengths.

Enthusiasm

- 1) Do you mostly look forward to doing or being (*insert name of strength*)?
- 2) Do you get a buzz out of it?
- 3) Is it something you don't tend to put off doing?
- 4) Does it feel like not much of an effort?
- 5) Would you volunteer to use this strength/do this activity more if you could?

Success

- 6) Do you think you're good at it?
- 7) Have other people commented that you're good at it?
- 8) Have you been given praise or recognition for this strength or what you have achieved as a result of using it?

Ease

- 9) Does this come fairly easy to you?
- 10) Sometimes do you wonder why others find it much harder to do than you do?
- 11) Have you always been this way?
- 12) Does this feel natural to you?

If you've answered yes to most of these questions, then it is more than likely that the strength is one of your top ones. There is no correct score. Having used this questionnaire, use your instinct to gauge whether this is really you.