

5 Questions

TO PONDER & IDENTIFY YOUR UNIQUE STRENGTHS AND TALENTS!

Remember that strengths are transferable, so think broadly across your whole life.

1. What do you like most about yourself?
2. What do others admire? What do you get complimented on most?
3. What do you enjoy doing? (we usually enjoy what we're good at!)
4. What do you yearn to do? (yearnings suggest possible talents!)
5. What would not be like it is - had you not been part of it?
(eg. a project or volunteer effort)

Ponder these questions over the week ahead & use them to make a list of strengths!



Coach 4 Life

