

Strength in Differences



We often pressure ourselves to be the same as others. However, we should remind ourselves that we are unique and we have our own strengths.

What to do:

1. List down all the traits that you think make you unique.
2. Beside each, write down why each strength might be useful to you.
3. Add any new abilities or strengths you would like to have or develop.

This exercise can help you be more aware of the abilities that make you unique.

MY STRENGTHS

List of Strengths

Example: Being organized

Why?

Example: It helps me become efficient at work

New abilities I want to learn / develop

Example: Time management

STRENGTHS LIST

Accurate	Action-oriented	Adventurous	Analytical	Appreciative
Artistic	Assertive	Athletic	Caring	Compassionate
Confident	Courageous	Creative	Decisive	Dedicated
Determined	Disciplined	Empathetic	Enthusiastic	Flexible
Focused	Generous	Helpful	Honest	Humorous
Independent	Industrious	Inquisitive	Kind	Knowledgeable
Logical	Modest	Motivated	Observant	Open-minded
Optimistic	Organized	Outgoing	Patient	Persistent
Practical	Resourceful	Respectful	Responsible	Self-assured
Spontaneous	Straightforward	Strategic	Thoughtful	Trustworthy