

Consider Possible Strengths – Step Two
(Recommended Time: 10 minutes)

This list of Possible Strengths is offered to suggest some words or phrases that can be used to describe strengths. There are many different words and phrases to describe strengths. There are only 100 examples on this list and it is by no means exhaustive. These are offered to stimulate your thinking about different ways that your strengths might be described. In the course of this exercise you may find better words or phrases to describe your strengths.

To become more familiar with the words on this list, please read each word or phrase and circle the ones that might be appropriate for describing you. When you are finished circling those words, go back to those that were circled and underline four to six that might be the most appropriate for describing yourself.

100 examples of possible strengths:

Athletic	Resourceful	Adaptable	Motivated to Achieve	Organized
Initiator	Analytical	Managing	Altruistic	Playful
Ethical	Leader	Communicator	Competitive	Caring
Considerate	Broad Perspective	Brave	Observant	Hopeful
Careful	Imaginative	Practical	Sensitive	Mentoring
Strong Faith	Spatial	Persistent	Appreciative of Beauty	Disciplined
Authentic	Empathetic	Evenhanded	Focused	Goal-oriented
Curiosity	Socially Responsible	Thinks ahead	Articulate	Cooperative
Tolerant	Creative	Kind	Grateful	Trustworthy
Honest	Artistic	Aware of Feelings	Brings People Together	Sees Patterns
Sympathetic	Hospitable	Inquisitive	Cheerful	Intellectual
Introspective	Self-controlled	Follows through	Intelligent	Zestful
Inventive	Thrifty	Lifetime Learner	Researching	Charismatic
Efficient	Fair	Open-minded	Optimistic	Responsible
Intuitive	Problem Solver	Self-confident	Intense	Friendly
Wisdom	Enthusiastic	Balanced	Prudent	Energetic
Generous	Computing	Even tempered	Enjoys people	Witty
Courageous	Original	Diplomatic	Loyal	Skilled negotiator
Mechanical	Persuasive	Planner	Coordinating	Foresight
Humility	Spiritual	Musical	Critical Thinker	Technical