

Scorecard on Personal Strengths

- Have you identified your top three strengths? What are they?
- Have you identified your top three weaknesses? What are they?
- Have you asked colleagues, friends, or mentors for feedback on your strengths and weaknesses?
- How often do you think about what you're good at and what needs improvement? Do you use tools like journals or SWOT analysis for this?
- Do you have clear goals that are specific and achievable, and do they match up with what you're good at?
- Can you give an example of a goal you've set that uses one of your strengths?
- Have you found ways in your job or life to use what you're best at?
- How have you gone looking for new chances that fit your strengths?
- Are you actively going after chances to get better at what you're good at?
- Can you give away jobs that you're not good at to others who are better?
- Can you think of a time when you and someone else worked together, and they had skills that made up for your weaknesses?
- Have you got plans in place to work on your weaknesses? What are you doing to get better?
- How do you get through your day in a way that shows off what you're good at?
- How do you use feedback to do better at what you're great at and work on what you're not?
- Can you talk about a time when you used what someone told you to get even better at something?
- Can you tell a story about a time when using your strengths helped you get something big done at work or in your personal life?

- Do you think you can get better at what you're good at if you work hard enough? How do you keep learning and growing?
- When things go wrong because of your weaknesses, how do you keep yourself thinking good thoughts and going forward?
- Can you give an example of a time when something didn't go your way, but you used what you're great at to get back on track?
- What are your big goals that you want to hit because of what you're good at? How are you going to get there?
- How often do you look at what you're good at and what you're not so great at to make sure you're on the right path? What makes you think about this?
- What are the first three things you're going to do to start using your strengths better?
- Who are the people in your life who can help you stay on track and excited while you get better at what you're good at?