



## STRENGTHS ACTIVITY HANDOUT

In order to create opportunities to leverage your strengths, highlight your best attributes, and contribute your highest value, it's important to first take time to acknowledge your strengths so you can more easily help others understand how to connect with you and utilize your talents to achieve positive outcomes.

Review the example below, then complete your own and share with the people you work with most!

### *Example*

#### **TOP 5 STRENGTHS:**

*Futuristic – Ideation – Strategic – Communication – Arranger*

#### **ADDITIONAL STRENGTHS (IF KNOWN):**

*#6 Activator, #7 Responsibility*

#### **THE VALUE MY STRENGTHS BRING:**

- I'm always looking ahead, anticipating problems and determining strategic solutions.
- I have a constant flow of ideas for solutions and improvements and I easily organize complex pieces of information and help others to understand them.
- I easily inspire change, focus on making an impact, have fun, and thrive when working on my own terms. I'm intuitive and can come to decisive action quickly.
- I can move a team forward and build strong, lasting relationships that synergize to achieve momentum.

#### **I NEED:**

- Opportunities to talk about the future (I'm a dreamer)
- Freedom to explore possibilities without restraints or limits
- Freedom to make mid-course corrections
- A sounding board
- A dynamic environment
- A team with strong "execution" strengths

#### **WHAT SOMETIMES GETS IN MY WAY:**

- I get bored easily
- I take on too much
- I get frustrated when it looks like I might not meet a goal deadline
- I get hung up on "tasks" if I'm expected to execute too many details

#### **HOW TO REWARD ME:**

- Trust me, give me more responsibility
- Take leadership seriously so teams have what they need to thrive



Name:

My Top 5 Strengths:

Additional strengths (if known):

The value my strengths bring:

What I need:



What sometimes gets in my way:

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How to reward me:

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Additional Notes:

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