



Finding your strengths in one of the most valuable things you can do to develop the best, most powerful version of yourself. When you know what you're good at, you can then determine which tasks and activities invigorate you, and which energy-draining duties are best delegated to others.

Here are a few prompts to get you started.

1. Think broadly about the things you truly enjoy doing, and not in a strictly professional sense. For example: gardening, reading, going out with friends, visiting museums, crafts, working with your hands, writing, etc. List below.
2. Which activities do you find so absorbing that time passes without you even noticing? Complete this sentence: I could easily spend hours doing _____ .
3. Do a 360° analysis. Ask those around you (family, friends, colleagues, neighbors, former classmates) to cite your top 3 skills. Ask them to be specific. What do you do better than anyone they know? What do they routinely ask you for help with? List below..