

Strengths Inventory

STRENGTHS-BASED PRACTICE · RECOGNISE, APPRECIATE AND USE

Noticing the qualities and resources already within you

Everyone has strengths: the qualities, skills and inner resources that help us navigate challenges, build relationships and live well. Tick any that fit you, including ones you show only sometimes, or that others have noticed in you.

01 My strengths

tick any that fit

 Personal strengths How you show up in the world ☐ Kind ☐ Honest ☐ Reliable ☐ Self-aware ☐ Brave ☐ Resilient ☐ Calm ☐ Patient ☐ Determined ☐ Adaptable ☐ Optimistic ☐ Authentic	 Relationship strengths How you connect with others ☐ Empathic ☐ Supportive ☐ Loyal ☐ Trustworthy ☐ Good listener ☐ Compassionate ☐ Respectful ☐ Encouraging ☐ Warm ☐ Forgiving ☐ Collaborative ☐ Generous	 Thinking strengths How you make sense of the world ☐ Creative ☐ Analytical ☐ Curious ☐ Open-minded ☐ Critical thinker ☐ Reflective ☐ Strategic ☐ Problem-solver ☐ Insightful ☐ Logical ☐ Big-picture ☐ Keen to learn
 Emotional strengths How you manage your emotions ☐ Emotionally aware ☐ Hopeful ☐ Self-compassionate ☐ Expressive ☐ Accepting ☐ Finds joy ☐ Calm under pressure ☐ Grateful ☐ Mindful ☐ Balanced ☐ Gentle with self ☐ Open to feelings	 Social strengths How you contribute to community ☐ Friendly ☐ Approachable ☐ Inclusive ☐ Team-minded ☐ Considerate ☐ Community-minded ☐ Welcoming ☐ Good communicator ☐ Respects differences ☐ Resolves conflict ☐ Encourages others ☐ Fair	 Values-driven strengths What gives your life meaning ☐ Integrity ☐ Purposeful ☐ Committed ☐ Principled ☐ Service-minded ☐ Makes a difference ☐ Stands up for beliefs ☐ Honours values ☐ Growth-focused ☐ Meaning-seeking ☐ Eco-conscious ☐ Values-aligned
 Practical strengths How you get things done ☐ Organised ☐ Resourceful ☐ Good with time ☐ Prioritises well ☐ Detail-oriented ☐ Follows through ☐ Efficient ☐ Practical ☐ Good with routines ☐ Plans ahead ☐ Finds solutions ☐ Multitasks well	 Growth strengths How you keep moving forward ☐ Tries new things ☐ Learns from mistakes ☐ Open to feedback ☐ Embraces challenges ☐ Keeps going ☐ Flexible ☐ Self-motivated ☐ Leaves comfort zone ☐ Sees opportunity ☐ Adapts to change ☐ Believes in potential ☐ Persistent	 Your unique strengths Strengths that feel uniquely you What other qualities, skills or ways of being make you, you? _____ _____ _____ _____ _____

02 Reflect

1 NOTICE

Which strengths do I see in myself most clearly?

2 EXPLORE

How have these strengths helped me in the past?

3 APPLY

How could I use them more in everyday life?

Your strengths are not just who you are; they are what can carry you forward.

Strengths Inventory

FOLLOW-ON WORKSHEET · PUTTING MY STRENGTHS TO WORK

From noticing strengths to using them on purpose

Using strengths in new ways has been linked with greater wellbeing. Choose your key strengths, see them through others' eyes, and put one into action this week.

03 My top five strengths from page 1, or your own words

#	Strength	A time I used it	How much I use it now 0 = rarely · 10 = a lot
1			_____/10
2			_____/10
3			_____/10
4			_____/10
5			_____/10

04 Through others' eyes strengths can be easier for others to see

What someone who knows me well sees

Ask: "What do you think I'm good at, or what do you value in me?"

What surprised or stayed with me

Including strengths I hadn't noticed in myself

05 A strength in action one small, new way this week

THIS WEEK

Use a strength in a new way

Choose one strength and try it somewhere you don't usually use it: at work, at home or with friends.

The strength I'll use: _____

Where or with whom: _____ When: _____

How I'll use it: _____

How it went: _____

How I felt afterwards 0 1 2 3 4 5 6 7 8 9 10 0 = flat · 10 = energised

06 Strengths in balance any strength can be overused

Strength	When overused, it can look like	A balanced version
e.g. Persistent	Not knowing when to stop or rest	Keeping going, and pausing when needed

07 My strengths week a quick daily note

Day	Strength I used	What happened, and how it felt
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

To bring to my next session: _____

SOURCES

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