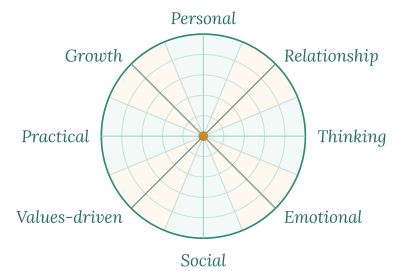


Strengths Inventory

Eight areas of strength to choose from, as charted on My Strengths Profile

Strengths are qualities and capacities that help you cope, connect and grow. Read slowly, and choose what genuinely fits rather than what you think you should be.



- ☐ Tick any that fit you, even a little or only sometimes.
- ☒ Fill in up to five that feel most like you: your likely signature strengths.
- ___/10 Rate how much each area feels like you, then plot it on your profile.



Personal

How I show up in the world

feels like me ___ /10

- | | |
|----------------------------------|--|
| ☐ Kind | ☐ Self-aware |
| ☐ Honest | ☐ Hard-working |
| ☐ Brave | ☐ Good sense of humour |
| ☐ Patient | ☐ Playful |
| ☐ Humble | ☐ Independent |
| ☐ Determined | ☐ Energetic |
| ☐ Authentic | ☐ Easy-going |



Relationship

How I connect with others

feels like me ___ /10

- | | |
|-------------------------------------|--|
| ☐ Empathic | ☐ Affectionate |
| ☐ Supportive | ☐ Appreciative |
| ☐ Loyal | ☐ Encouraging |
| ☐ Trustworthy | ☐ Generous |
| ☐ Good listener | ☐ Respectful |
| ☐ Forgiving | ☐ Nurturing |
| ☐ Compassionate | ☐ Able to ask for help |



Thinking

How I make sense of things

feels like me ___ /10

- | | |
|---|---------------------------------------|
| ☐ Curious | ☐ Logical |
| ☐ Creative | ☐ Imaginative |
| ☐ Analytical | ☐ Sound judgement |
| ☐ Open-minded | ☐ Loves learning |
| ☐ Insightful | ☐ Strategic |
| ☐ Sees the bigger picture | ☐ Problem-solver |
| ☐ Reflective | ☐ Questioning |



Emotional

How I relate to my feelings

feels like me ___ /10

- | | |
|---|---|
| ☐ Emotionally aware | ☐ Expressive |
| ☐ Self-compassionate | ☐ Accepting |
| ☐ Resilient | ☐ Calm under pressure |
| ☐ Hopeful | ☐ Tolerates uncertainty |
| ☐ Grateful | ☐ Can sit with discomfort |
| ☐ Mindful | ☐ Optimistic |
| ☐ Able to self-soothe | ☐ Emotionally honest |



Social

How I contribute to groups

feels like me ___ /10

- | | |
|---|---|
| ☐ Friendly | ☐ Natural leader |
| ☐ Approachable | ☐ Diplomatic |
| ☐ Team player | ☐ Resolves conflict |
| ☐ Fair | ☐ Community-minded |
| ☐ Inclusive | ☐ Socially perceptive |
| ☐ Welcoming | ☐ Assertive |
| ☐ Good communicator | ☐ Collaborative |



Values-driven

How I act on what matters

feels like me ___ /10

- | | |
|---|---|
| ☐ Integrity | ☐ Appreciates beauty |
| ☐ Purposeful | ☐ Cares for the environment |
| ☐ Principled | ☐ Meaning-seeking |
| ☐ Responsible | ☐ Civic-minded |
| ☐ Stands up for others | ☐ Keeps commitments |
| ☐ Service-minded | ☐ Lives by my word |
| ☐ Guided by faith or spirit | ☐ Courage of conviction |



Practical

How I get things done

feels like me ___ /10

- | | |
|---------------------------------------|--|
| ☐ Organised | ☐ Self-disciplined |
| ☐ Reliable | ☐ Careful decision-maker |
| ☐ Efficient | ☐ Good with routines |
| ☐ Resourceful | ☐ Prioritises well |
| ☐ Plans ahead | ☐ Hands-on |
| ☐ Follows through | ☐ Punctual |
| ☐ Detail-oriented | ☐ Calm in a crisis |



Growth

How I keep moving forward

feels like me ___ /10

- | | |
|--|---|
| ☐ Persistent | ☐ Takes healthy risks |
| ☐ Adaptable | ☐ Sets goals |
| ☐ Open to feedback | ☐ Reflects and adjusts |
| ☐ Learns from mistakes | ☐ Patient with progress |
| ☐ Embraces challenge | ☐ Seeks new skills |
| ☐ Self-motivated | ☐ Bounces back |
| ☐ Tries new things | ☐ Committed to healing |

Strengths or values?

Strengths are qualities you bring: how you tend to act. **Values** are what matters most: the directions you choose. They overlap (honesty can be both), but a value can guide you even when a strength feels out of reach, so values are best explored on their own worksheet.

Not listed? In my own words

SOURCES

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change* (2nd ed.). Guilford Press.

Padesky, C. A., & Mooney, K. A. (2012). Strengths-based cognitive-behavioural therapy: A four-step model to build resilience. *Clinical Psychology & Psychotherapy*, 19(4), 283-290. <https://doi.org/10.1002/cpp.1795>

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. American Psychological Association; Oxford University Press.

Note: this list blends character strengths, skills and personal qualities for clinical reflection; it is not the 24-strength VIA classification.