

Strengths Inventory

To get a view of your strengths, score yourself in each of these areas, with A being the greatest and C being the lowest.

Personal

Health

A B C My life is full of only healthy stress.

A B C I have lots of energy, vim, and vigor.

A B C I look great physically.

A B C My body is healthy and well taken care of.

A B C I recover well from illness.

A B C

Financial

A B C I am financially independent or clearly on track to becoming so.

A B C I am free of credit cards and installment debt.

A B C I can count on my income each month.

A B C I have extra money in a safe and available space.

A B C Money (or lack of it) doesn't hold me back.

A B C

Career

A B C I like—and get what I need from—the work that I do.

A B C I have the training and education I need to advance.

A B C I am respected at work.

A B C I get paid well for the work I perform.

A B C

Relationships

A B C My friends love me even more than I need.

A B C My family loves me even more than I need.

A B C I feel a special connection with certain people.

A B C I have a best friend.

A B C People are there when I need them.

A B C

Outlook

A B C I am optimistic about myself and my future.

A B C I trust in a higher power.

A B C I recover well from challenges and difficulties.

A B C I am actively engaged in creating my future.

A B C

Self-Care

A B C I readily put myself first when I need to.

A B C I am free from addiction to substances and food.

A B C I get help quickly and appropriately when I need it.

A B C

Situational

Communication

A B C I get my point across powerfully and consistently.

A B C People listen and respond to me and what I say.

A B C I often willingly share my thoughts and ideas.

A B C I hear beyond what others are saying.

A B C I can articulate what is really happening.

A B C

Social

A B C I attract great people to me.

A B C I am graceful in social situations.

A B C I make people feel great about themselves.

A B C I deliver parties or events that others love.

A B C My social calendar is full or nearly full.

A B C

Professional

A B C I lead a group or staff well.

A B C I am a great people manager.

A B C I handle myself well in business situations.

A B C I know my stuff (technology, info, procedures).

A B C I meet and exceed my targets and goals at work.

A B C

Challenges

A B C I recover well from disappointments and problems.

A B C I anticipate problems and handle them early.

A B C I don't mind risk. I use it to get what I want.

A B C I adapt to and make the most of changes around me.

A B C I can count on myself to always survive the worst.

A B C

Style

A B C People can count on me to be on time and keep my word.

A B C I am very organized and neat.

A B C I ask for, and get, what I need.

A B C I don't gossip; I keep confidences and am trustworthy.

A B C

Proaction

A B C I have and honor my personal standards.

A B C I make and follow through on my commitments.

A B C
