

Your Personal Strengths

Strengths Assessment

*“Life is too short, the world is too big and
God’s love is too great to live ordinary.”*

– Christine Caine

It’s important for you to know your strengths so you can make sure you build them.
These answers might be talents, interests, character traits, or spiritual gifts!

Compliments I have received from others:

- 1.
- 2.
- 3.

Obstacles I have overcome:

- 1.
- 2.
- 3.

Things that make me different:

- 1.
- 2.
- 3.

Activities that make me happy:

- 1.
- 2.
- 3.

What makes me feel strong?

- 1.
- 2.
- 3.

What patterns do you see in your answers? What to you consider to be your top strengths? These are areas of your life you should focus on and build!

Examples of Strengths

Accepting	Decisive	Fun-loving	Passionate
Accessible	Dedicated	Future Oriented	Perceptive
Active	Detail Oriented	Giving	Persistent
Adaptable	Devoted	Helpful	Persuasive
Alert	Disciplined	Heroic	Practical
Altruistic	Down-to-Earth	Hospitable	Prepared
Ambitious	Dreamer	Humble	Proactive
Amusing	Empathetic	Inquisitive	Productive
Appreciative	Empowering	Insightful	Relaxed
Approachable	Encouraging	Inspirational	Reliable
Attentive	Engaging	Intelligent	Resilient
Brave	Entertaining	Intuitive	Resourceful
Capable	Enthusiastic	Inventive	Self-Directed
Careful	Entrepreneurial	Joyful	Selfless
Caring	Ethical	Level-Headed	Structured
Cheerful	Experienced	Lively	Sympathetic
Compassionate	Faithful	Logical	Thankful
Comprehensive	Family Oriented	Loving	Thorough
Concerned for Others	Fearless	Mindful	Thoughtful
Consistent	Flexible	Modest	Tolerant
Courteous	Focused	Motivated	Transparent
	Funny	Nurturing	Welcoming

What are your top three?

- 1.
- 2.
- 3.



Functioning in Your Strength

Search Your Strength

While we all share a common purpose, to know Jesus and make Him known, we are all fashioned to do this remarkably different. Your individuality matters to God. Your strength will reflect your unique personality and wiring.

Consider Your Strength

“Your strengths are what make you feel strong in life.”

– Marcus Buckingham

After completing the Strengths Assessment, answer these questions to learn how you are functioning in your strength.

1. What is your top strength?
2. Where are you using this strength in your work?
3. What are three ways you can use this strength more consciously in your work?
4. Where are you using this strength in your home life?