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Strengths Identification Worksheet

Strengths	Description or Definition	What does it help me to do?	When/where have I recently used this?
1) Focus	People exceptionally talented in the Focus theme can take a direction, follow through and make the corrections necessary to stay on track. They prioritize, then act.	This strength guides me- once I find a path, I do my best to stick to it.	Keeping myself, and others, on task during the busy orientation season that I just completed 2 weeks ago!
2) Futuristic	People exceptionally talented in the Futuristic theme are inspired by the future and what could be. They energize others with their visions of the future.	I can see my plan, or a few ideas for plans, for the next 5-10 years very clearly.	I've been thinking a lot about what I can do once I finish my time at CCT, and a lot of the ideas excite me.
3) Competition	People exceptionally talented in the Competition theme measure their progress against the performance of others. They strive to win first place and revel in contests.	It helps to keep me motivated, to stay on par with, or at a level above, my peers.	This is usually seen in my hobbies- video games, board games, photography.
4) Significance	People exceptionally talented in the Significance theme want to make a big impact. They are independent and prioritize projects based on how much influence they will have on their organization or people around them.	I feel like this helps me to make good impressions on others- I do my best to network and stay connected with people.	I recently joined the Georgetown NSO team and brought a lot of orientation experience from my undergrad university, helping to optimize Georgetown's NSO.
5) Individualization	People exceptionally talented in the Individualization theme are intrigued with the	This helps me to develop quality relationships with	Again, I was able to see each of the student leaders in

	unique qualities of each person. They have a gift for figuring out how different people can work together productively.	others. I find myself often making good friends out of my peers and co-workers.	NSO for who they are individually, and that aided in my understanding of their teamwork.
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