

Strengths activity

Using the definitions round the room, choose your top 5 strengths and consider how you've used it in the past most effectively, and what you could do at work/outside of work to use it more.

Strength	How I've used it successfully	How I could use it more/develop it

Strengths list

Put a tick next to any strength where the description sounds like you or particularly resonates, then narrow this down to the top 5 to complete the activity overleaf.

1. Curiosity
2. Love of learning
3. Judgment
4. Ingenuity
5. Emotional intelligence
6. Perspective
7. Valour
8. Perseverance
9. Integrity
10. Kindness
11. Loving
12. Citizenship
13. Fairness
14. Leadership
15. Self-control
16. Prudence
17. Humility
18. Appreciation
19. Gratitude
20. Hope
21. Spirituality
22. Forgiveness
23. Humour
24. Zest