



Strengths Squad

Week 2: Examine Your Evidence



Answer the questions below to examine your talents in action.

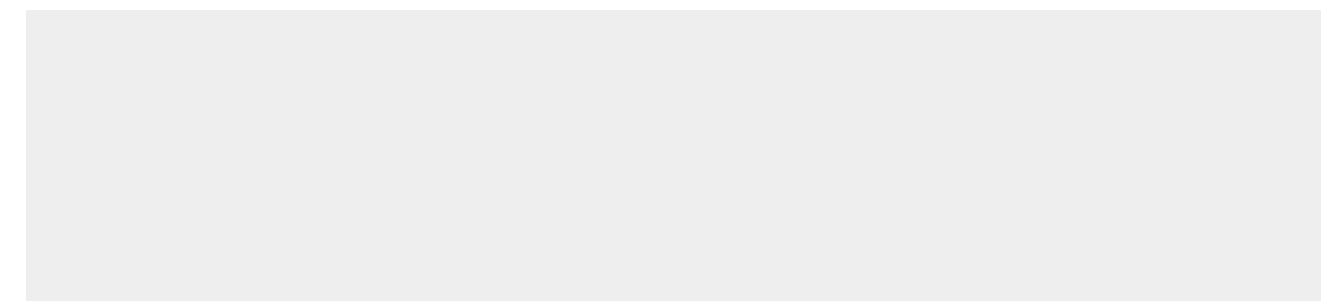
1. List 3 professional achievements that inspire joy, pride or delight.

A)

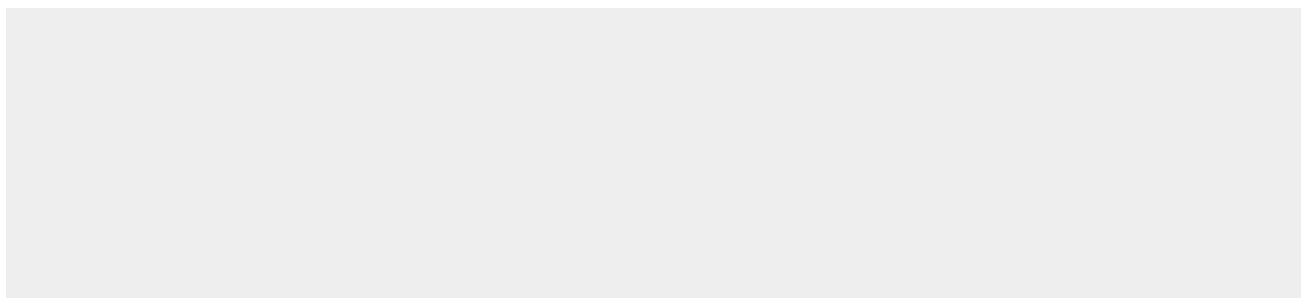
B)

C)

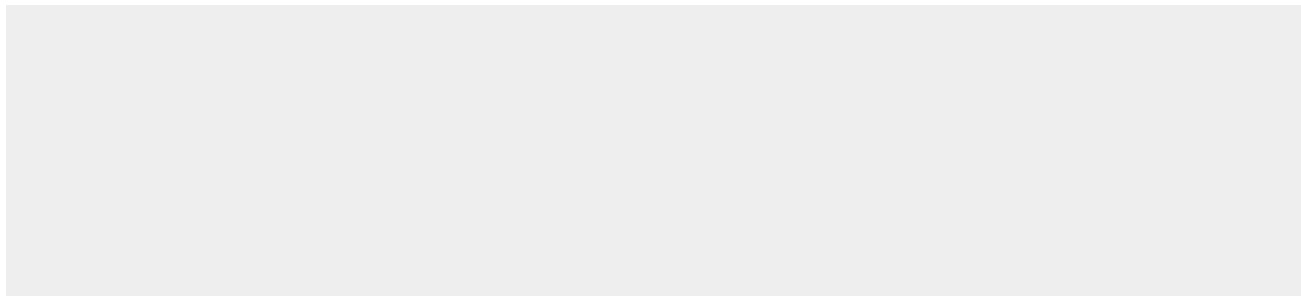
2. How did your strengths support achievement A?



3. How did your strengths support achievement B?

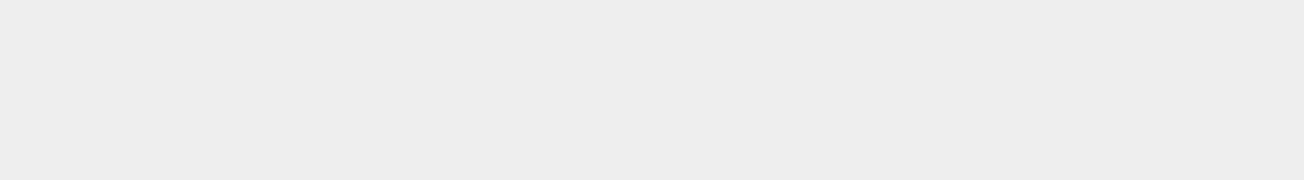


4. How did your strengths support achievement C?

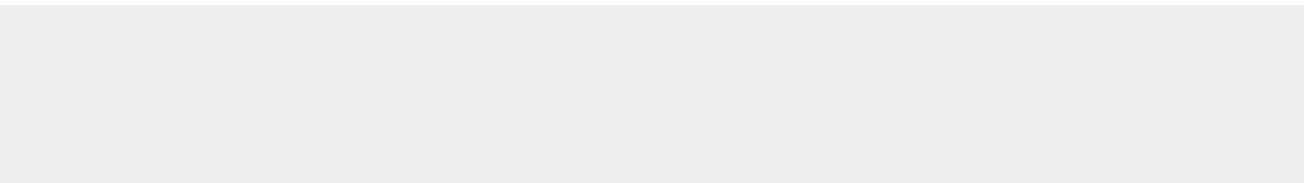


**5. How could your strengths better serve you in your current role?
Choose 5 of your Top 10 strengths for reflection.**

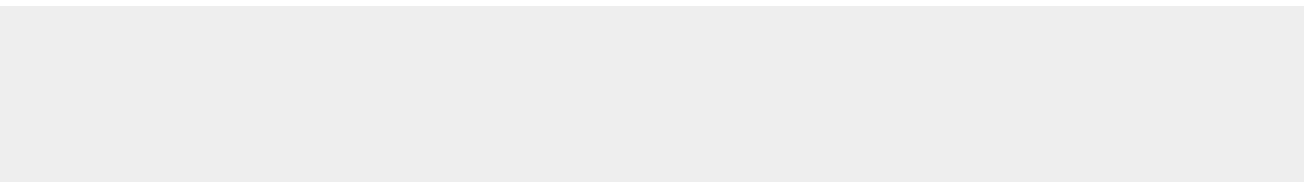
Theme 1 _____



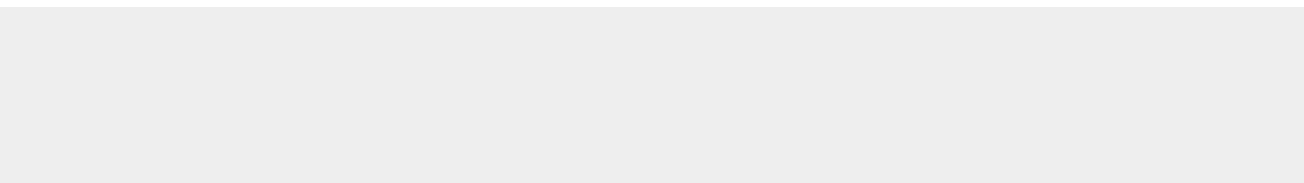
Theme 2 _____



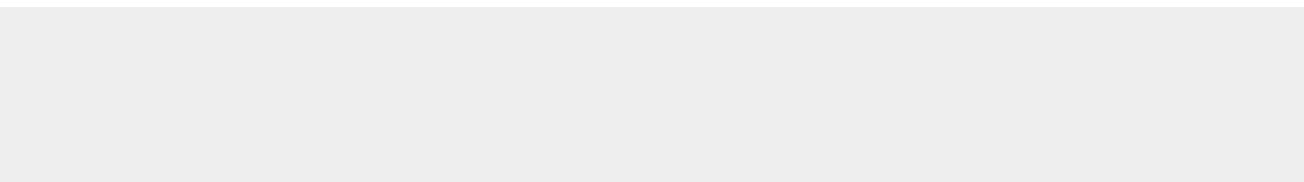
Theme 3 _____



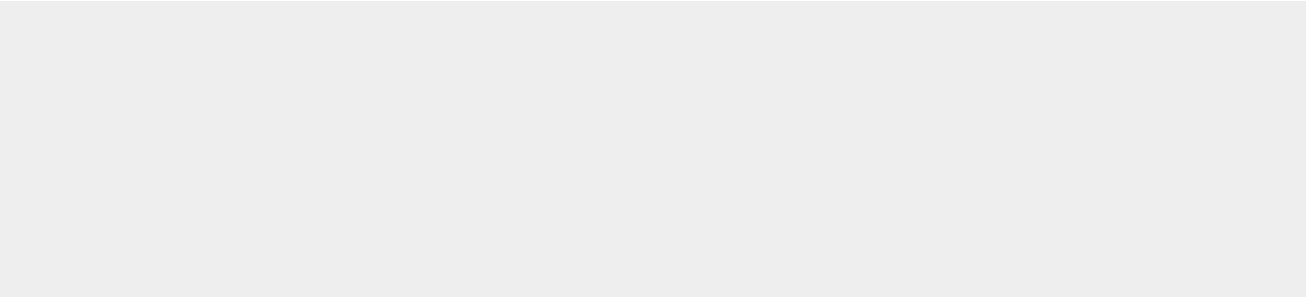
Theme 4 _____



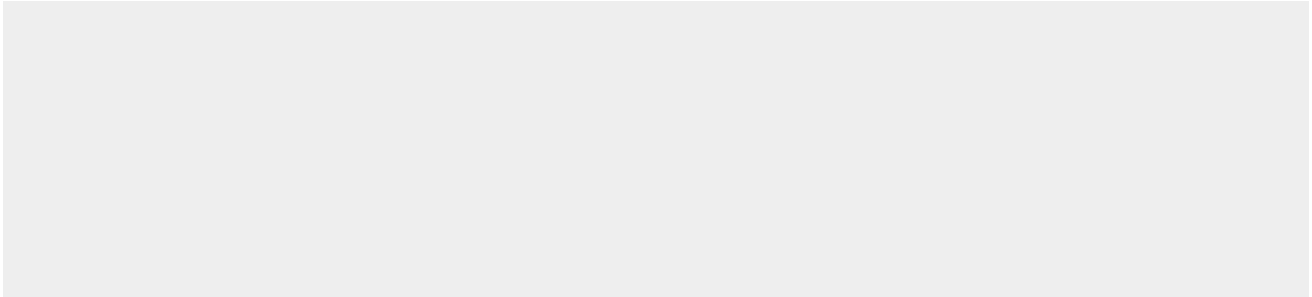
Theme 5 _____



6. How could your strengths work against you in your current role?



7. What would you like do less of in your professional life?



8. What would you like to do more of in your professional life?

