



## Strengths

Understanding your skills and abilities is a key component to career success. It is important to take an honest look at your strengths, but also at areas needing improvement. Keep in mind that just because you are good at something, it does not necessarily mean you like it enough to pursue as a career. For example, cooking or sports - you might just enjoy these for fun! You have many skills and talents. It is important to be able to identify not only those skills employers seek, but also to clearly understand your unique skills so that you find a career that is a fit for those talents. This will result in increased career satisfaction and fulfillment. Here are a few questions to get you thinking about your abilities and talents.

What are your strengths?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are your weaknesses?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What would others say you are good at?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What things come naturally to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What do you know a lot about?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are you proud of about yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What awards have you won in the past?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What were your best subjects in high school? Is there a pattern there?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What kinds of extracurricular activities did you participate in while in high school?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What kinds of things did you learn from part-time or summer jobs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_