

Identifying Your Unique Strengths

Each of us has a unique combination of strengths and values that form our "special sauce"—the qualities that are unique to each of us individually. Below is a categorized list of prospective strengths and values. Review the categories and highlight or circle the values that resonate with you. These will help you better understand what sets you apart personally and professionally.

Category 1: Personal Growth & Development

- Self-Awareness
- Continuous Learning
- Resilience
- Adaptability
- Open-mindedness
- Emotional Intelligence
- Confidence
- Perseverance
- Self-Discipline
- Mindfulness

Category 2: Relationship & Communication

- Empathy
- Active Listening
- Collaboration
- Honesty
- Kindness
- Trustworthiness
- Respect for Others
- Assertiveness
- Conflict Resolution
- Humor

Category 3: Creativity & Innovation

- Curiosity
- Imagination
- Problem-Solving
- Resourcefulness
- Originality
- Visionary Thinking
- Open to Experimentation
- Invention
- Artistic Expression
- Design Thinking

Category 4: Leadership & Influence

- Integrity
- Inspiring Others
- Decision-Making
- Accountability
- Mentorship
- Visionary Leadership
- Courage
- Delegation
- Strategic Thinking
- Motivating Others

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Category 5: Productivity & Efficiency

- Focus
- Time Management
- Prioritization
- Goal Setting
- Attention to Detail
- Organization
- Planning
- Efficiency
- Consistency
- Follow-Through

Category 6: Ethical & Moral Values

- Compassion
- Gratitude
- Fairness
- Humility
- Justice
- Patience
- Responsibility
- Service to Others
- Authenticity
- Generosity

- Reflect on how the values that you highlighted or circled shape your daily life, work, and interactions.
- Choose the top 5-7 strengths that are most important to you. Write them down below.

My Top Strengths:

