

Strengths Inventory

Personal

Health

| | | | |
|---|---|---|--|
| A | B | C | My life is full of only healthy stress. |
| A | B | C | I have lots of energy, vim and vigor. |
| A | B | C | I look great, physically. |
| A | B | C | My body is healthy and well taken care of. |
| A | B | C | I recover well from illness. |
| A | B | C | |

Financial

| | | | |
|---|---|---|--|
| A | B | C | I am financially independent, or clearly on track. |
| A | B | C | I am free of credit cards, installment debt. |
| A | B | C | I can count on my income each month. |
| A | B | C | I have extra money in a safe and available space. |
| A | B | C | Money (or lack of it) doesn't hold me back. |
| A | B | C | |

Career

| | | | |
|---|---|---|---|
| A | B | C | I like, get what I need, from the work that I do. |
| A | B | C | I have the training, education I need to advance. |
| A | B | C | I am respected at work. |
| A | B | C | I get paid well for the work I perform. |
| A | B | C | |

Relationships

| | | | |
|---|---|---|--|
| A | B | C | My friends love me even more than I need. |
| A | B | C | My family loves me even more than I need. |
| A | B | C | I feel a special connection with certain people. |
| A | B | C | I have a best friend. |
| A | B | C | People are there when I need them. |
| A | B | C | |

Outlook

| | | | |
|---|---|---|--|
| A | B | C | I am optimistic about myself and my future. |
| A | B | C | I trust in a higher power. |
| A | B | C | I recover well from challenges and difficulties. |
| A | B | C | I am actively engaged in creating my future. |
| A | B | C | |

Self-Care

| | | | |
|---|---|---|---|
| A | B | C | I readily put myself first when I need to. |
| A | B | C | I am free from addiction to substances, food. |
| A | B | C | I get help quickly/appropriately, when I need it. |
| A | B | C | |

Situational

Communication

| | | | |
|---|---|---|---|
| A | B | C | I get my point across, powerfully/consistently. |
| A | B | C | People listen and respond to me and what I say. |
| A | B | C | I often willingly share my thoughts and ideas. |
| A | B | C | I hear beyond what others are saying. |
| A | B | C | I can articulate what is really happening. |
| A | B | C | |

Social

| | | | |
|---|---|---|---|
| A | B | C | I attract great people to/around me. |
| A | B | C | I am graceful in social situations. |
| A | B | C | I make people feel great about themselves. |
| A | B | C | I delivery parties/events that others love. |
| A | B | C | My social calendar is full/nearly full. |
| A | B | C | |

Professional

| | | | |
|---|---|---|--|
| A | B | C | I lead a group/staff well. |
| A | B | C | I am a great people manager. |
| A | B | C | I handle myself well in business situations. |
| A | B | C | I know my 'stuff' (technical, info, procedures). |
| A | B | C | I meet and exceed my targets and goals at work. |
| A | B | C | |

Challenges

| | | | |
|---|---|---|--|
| A | B | C | I recover well from disappointments and problems. |
| A | B | C | I anticipate problems and handle them early. |
| A | B | C | I don't mind risk. I use it to get what I want. |
| A | B | C | I adapt and make the most of changes around me. |
| A | B | C | I can count on myself to always survive the worst. |
| A | B | C | |

Style

| | | | |
|---|---|---|---|
| A | B | C | People can count on me to be on time/keep word. |
| A | B | C | I am very organized, neat. |
| A | B | C | I ask for, and get, what I need. |
| A | B | C | I don't gossip/I keep confidences am trustworthy. |
| A | B | C | |

Pro-action

| | | | |
|---|---|---|--|
| A | B | C | I have, and honor, my personal standards. |
| A | B | C | I make and follow through on my commitments. |
| A | B | C | |