

# Strengths Inventory

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## Personal

### Health

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

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

A B C I like, get what I need, from the work that I do.

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A B C I have the training, education I need to advance.

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A B C I am respected at work.

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A B C I get paid well for the work I perform.

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A B C

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## Relationships

A B C My friends love me even more than I need.

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A B C My family loves me even more than I need.

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A B C I feel a special connection with certain people.

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A B C I have a best friend.

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A B C People are there when I need them.

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A B C

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## Outlook

A B C I am optimistic about myself and my future.

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A B C I trust in a higher power.

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A B C I recover well from challenges and difficulties.

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A B C I am actively engaged in creating my future.

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A B C

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## Self-Care

A B C I readily put myself first when I need to.

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A B C I am free from addiction to substances, food.

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A B C I get help quickly/appropriately, when I need it.

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A B C

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## Situational

### Communication

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

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

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

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

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

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