

Using Our Strengths

Your Personal Strengths can be both natural or learned. Every strength that you have can help you in your studies and in the rest of your life.

Here is a short list of potential strengths. When you think about yourself, ask if these are a strength for you or not. Right now, do not worry how you will use it, just focus on the strength.

Accurate	Action-oriented	Adventurous
Ambitious	Analytical	Appreciative
Artistic	Assertive	Athletic
Authentic	Caring	Clever
Compassionate	Charming	Communicative
Confident	Considerate	Courageous
Creative	Curious	Decisive
Dedicated	Deliberate	Detail-oriented
Determined	Disciplined	Educated
Empathetic	Energetic	Entertaining
Enthusiastic	Fair	Fast
Flexible	Focused	Friendly
Generous	Grateful	Helpful
Honest	Hopeful	Humble
Humorous	Idealistic	Independent
Ingenious	Industrious	Inquisitive
Inspirational	Intelligent	Kind
Knowledgeable	Leading	Lively
Logical	Lovely	Merciful
Modest	Moral	Motivated
Observant	Optimistic	Open-minded
Orderly	Original	Organized
Outgoing	Patient	Peaceful
Perseverant	Persuasive	Persistent
Practical	Precise	Problem-solving
Prudent	Quick-witted	Resourceful
Respectful	Responsible	Self-assured
Self-controlled	Serious	Spiritual
Spontaneous	Social	Straightforward
Strategic	Tactful	Team-oriented
Thoughtful	Thrifty	Tolerant
Trustworthy	Versatile	Visionary
Warm	Welcoming	Wise

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Pick some of your strengths and add others you have thought of and then try to narrow them down to five main ones. List them below.

My strengths:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

How do I already use these strengths when studying?

How do I already use these strengths outside of studying?

What are other ways I could use these strengths?

One way I will use one of my strengths this week is...

Strength-based approaches can be a powerful tool for increasing your motivation. Focusing on working from your areas of strength can improve your performance and personal satisfaction.