Your Strengths Worksheet

Take ACTION with the Action Items below and discover your strengths and how to use them today!

STEP 1:

Take at least one of the assessments.

* [Culture Index](https://www.cindexinc.com/)
* [Kolbe Assessment](http://kolbe.com/assessments/)
* [Strength Finder](https://www.gallupstrengthscenter.com/home/en-us/strengthsfinder)
* [Myers-Briggs](http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/home.htm?bhcp=1)

1. Which assessment(s) did you take and what were the results?

2. What surprised you most about the result(s)?

STEP 2:

1. Ask 3-5 people you are close to about your strengths. Record what they said below.

1. Person #1
2. Person #2
3. Person #3
4. Person #4
5. Person #5

2. What surprised you most about what they said?

STEP 3:

1. Try something new based on your strengths. Write down 3 new things you could try based on your strengths from the assessments and what people said about you.