



Strengths

What You Are Good At
Knowledge
Skills
Abilities

“How” you prefer to do what you do

Ways you have learned to be successful

Are situation-dependent

Others are often the Best Source

Ask Others: When I was at my best, what was I doing?

Categorize these answers

Knowledge

Skills

Abilities

Response-Ability Sentence Stems

- If I were to take 5% more responsibility for enjoying my job:
 - I would _____ (based on my strengths)
- If I were to take 5% more responsibility for achieving my career goals:
 - I would _____ (based on my strengths)
- If I were to take 5% more responsibility for living my best life:
 - I would _____ (based on my strengths)