

## Strengths Awareness Assessment

Please rate your agreement with each of the items using a 1 to 5 scale, with 1 indicating “strongly disagree” and 5 indicating “strongly agree.” Add up your total score.

1                      2                      3                      4                      5  
Strongly                                                                                                          Strongly  
Disagree                                                                                                          Agree

- \_\_\_\_\_ 1. I can name my top five strengths without assistance
- \_\_\_\_\_ 2. I know how to apply my strengths to complete the tasks I need to accomplish
- \_\_\_\_\_ 3. I have a plan for developing my strengths
- \_\_\_\_\_ 4. My daily work gives me many opportunities to use my strengths
- \_\_\_\_\_ 5. Most of my time is spent doing the things that I am good at and that energize me
- \_\_\_\_\_ 6. I understand what it means to use my strengths
- \_\_\_\_\_ 7. I have defined when and how I lead and how my strengths can help
- \_\_\_\_\_ 8. I am able to identify other people’s strengths with ease
- \_\_\_\_\_ 9. I know which activities energize me
- \_\_\_\_\_ 10. I feel confident in communicating how I can best contribute to a team
- \_\_\_\_\_ 11. I use my strengths to enhance my relationships
- \_\_\_\_\_ 12. I spend time thinking about my strengths and how to develop them
- \_\_\_\_\_ 13. I know how my strengths can work together to help me
- \_\_\_\_\_ 14. I know how best to pair with others to enhance my performance
- \_\_\_\_\_ 15. I know how to use my strengths to overcome obstacles in life
  
- \_\_\_\_\_ Total Score