

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 Disagree				Strongly 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