

Explore Your Strengths - See Immediate Benefits

# **STRENGTHS ACTIVITY**

Level 1



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# SEE IMMEDIATE BENEFITS

A person with long hair, wearing a white long-sleeved shirt and dark pants, stands on a rocky cliff. They are looking out over a vast ocean towards a bright sunset. The sky is filled with warm, golden light, and the sun is low on the horizon, creating a silhouette effect on the person and the landscape. The foreground shows some green shrubs and rocks.

When you explore your strengths,  
**you can:**

## **GROW:**

- **GAIN CONFIDENCE**
- **APPRECIATE YOURSELF** more
- **HAVE CLARITY** about **WHAT'S IMPORTANT TO YOU**
- **TAP INTO YOUR MOTIVATION** for energy & resilience
- **SEE HOW TO HELP YOURSELF & OTHERS**
- **MAKE DECISIONS** more easily

## **MOVE FORWARD:**

- **TAKE NEW & MEANINGFUL OPPORTUNITIES** to grow
- **HELP OTHERS IN MEANINGFUL WAYS** that you enjoy
- **ARTICULATE** your strengths in **APPLICATIONS**
- **FIND A GOOD CAREER FIT** with more confidence
- **HAVE INSTANT CREDIBILITY** with organizations

# YOUR STRENGTHS MAKE YOU UNIQUE



Exploring your strengths helps you know  
**who you are & what you want to do.**

Your  
Strengths



Unique  
Identity

Unique  
Identity



Direction,  
Purpose, &  
Meaning

# YOUR STRENGTHS HELP YOU STAND OUT



When you  
**understand  
your strengths**  
you have  
**confidence &  
vision.**


When you  
**describe them  
well**  
you display  
**self-awareness &  
maturity.**

When you **do both**  
**you stand out in:**

- Job applications
- College applications
- Scholarship applications
- Interviews

*This activity  
will  
help!*





# HOW DO YOU GET THESE RESULTS?

## Start by creating Strength Stories!

### Step 1

- **Select your strengths** from the next two pages.

### Step 2

- **Choose three strengths** from the many you selected.

### Step 3

- **Answer the prompts** to complete your Strength Stories.

With a coach, Strength Stories take approximately  
**15-30 minutes each** for writing and reflection.

# SELECT YOUR STRENGTHS



## Step 1

## 1. How do you see yourself?

**Select at least 3 strengths. You are welcome to select more.**

- |                              |  |
|------------------------------|--|
| 1 Brave                      | 19 Friendly  |
| 2 Confident                  | 20 Linear Thinker = operates in a series of steps & methods that are easily identifiable       |
| 3 Dependable                 | 21 Global Thinker = operates by associating ideas & information in ways that may be unexpected |
| 4 Adventurous                | 22 Even-keeled = peaceful or calm under stress   |
| 5 Independent                | 23 Spontaneous   |
| 6 Enthusiastic               | 24 Open-minded   |
| 7 Decisive                   | 25 Competitive   |
| 8 Creative                   | 26 Kind / Caring / Loving / Open-Hearted   |
| 9 Reserved                   | 27 Resilient = stand strong despite challenges   |
| 10 Expressive                | 28 Willing to be vulnerable  |
| 11 Achiever                  | 29 Strong in your opinions &/or faith  |
| 12 Able to be true to myself | 30 Trustworthy   |
| 13 Loyal                     | 31 Include another description:  |
| 14 Patient                   |  |
| 15 Adaptable / Flexible      |  |
| 16 Generous                  |  |
| 17 Outgoing                  |  |
| 18 Gentle                    |  |

# SELECT YOUR STRENGTHS

## Step 1

## 2. What roles do you take in your friend group or on a team?

Select at least 3 strengths. You are welcome to select more.

- |   |   |
|---|---|
| 1 Leader  | 17 Sees the bright side                     |
| 2 Behind the scene person   | 18 Risk taker                               |
| 3 Brings the fun  | 19 Offers a reality check                   |
| 4 Planner/Strategist - clearly sees ways to accomplish goals or tasks | 20 Thinks out of the box                    |
| 5 Visionary = sees what could be                                      | 21 Sees all sides of the issues             |
| 6 Encourager  | 22 Intuition = aware of emotional dynamics  |
| 7 Observer  | 23 Concrete = likes data and facts          |
| 8 Motivator   | 24 Trusted confidant                        |
| 9 Peacemaker  | 25 Organizer of events, things, &/or people |
| 10 Gather people  | 26 Listens well                             |
| 11 Focused on relationships   | 27 Big picture thinker                      |
| 12 Energizer  | 28 Detail oriented                          |
| 13 Confront obstacles   | 29 Helps people with challenges             |
| 14 Researcher   | 30 Even-Keel                                |
| 15 Offers wisdom  | 31 Include another description:             |
| 16 Results oriented   |   |



# FOCUS ON THREE STRENGTHS



## Step 2

From the strengths you selected, choose 3 to make Strength Stories.

1 \_\_\_\_\_

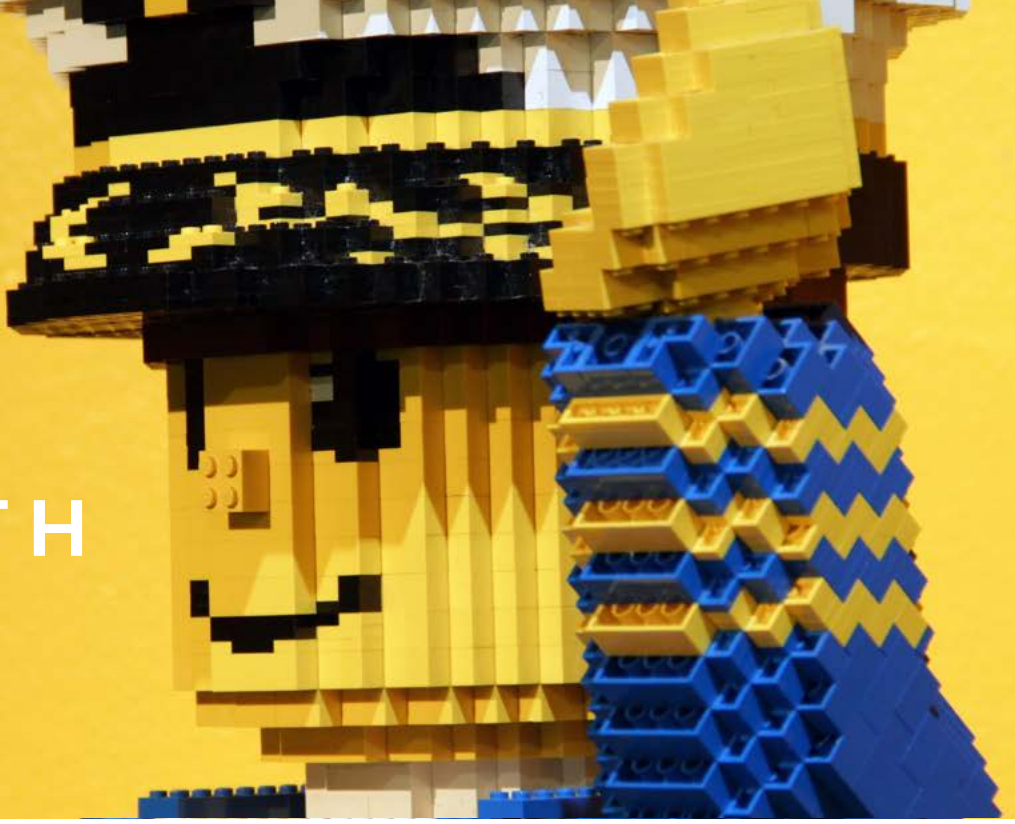
2 \_\_\_\_\_

3 \_\_\_\_\_

Creating Strength Stories with the other strengths you selected can give you **more benefits & more information to share with others.**



# CREATE YOUR STRENGTH STORIES



## Step 3

### 1. Choose one strength at a time & answer the prompts.

1. **Which strength** are you focusing on?
2. What is **an example** of how you used that strength?
3. How did your strength **help you**?
4. How did your strength **help others**?
5. What could happen if you use this strength **in the future to help yourself & others**?

Consider three areas: **school, work,** and **personal life**

"In \_\_ (this area) \_\_\_\_\_ my strength could **help me** \_\_\_\_\_."

"In \_\_ (this area) \_\_\_\_\_ my strength could **help others** \_\_\_\_\_."

6. Why is being able to use strength in the present & future **important to you**?
7. How does having this strength **help you see yourself now**?



# A CLIENT'S STRENGTH STORY

## 1. *My strength is:* **Even-Keeled**

(Staying calm under pressure)

2. *An example of how I typically use my strength is* during games. The team is freaking out, & I can stay confident.

3. One example where I used my strength was **our championship game**. We started losing, & the team was getting stressed & discouraged. **I was able to stay focused, people took my lead, & we ended up winning.**

3. *My strength helped me* **focus** when we weren't playing well, **be more consistent , & perform better overall.**

4. *My strength helped others by* causing a **domino effect**. They become **more confident & perform better**. This makes it **easier to handle tough situations.**

5. *In the future, I can use this strength:* In school, it will help me **perform better on tests**. In work , I will **still perform well in a stressful workplace** where others might not. If I was in surgery, I might be able to **help the medical team relax & maybe help save someone's life**. In my personal life, it could help me **handle family stress.**

6. *Using my strength is important to me because* it's **useful to people** & can **make getting a job easier.**

7. *Having this strength helps me see myself now as:* **more useful, productive,** & someone who **can help people**. I am **more confident.**





# HIS IMMEDIATE BENEFITS

Through exploring one strength  
& coaching, this client:

## **GREW:**

- **GAINED CONFIDENCE**
- **APPRECIATES HIMSELF** more
- **HAS CLARITY** about what's important to him
- **CAN TAP INTO HIS MOTIVATION** for energy & resilience
- **KNOWS HOW TO HELP HIMSELF & OTHERS**
- **CAN MAKE DECISIONS** more easily

## **CAN MOVE FORWARD &:**

- **TAKE NEW & MEANINGFUL OPPORTUNITIES** to grow
- **HELP OTHERS IN MEANINGFUL WAYS** that he enjoys
- **STAND OUT** as he **ARTICULATES** his strengths well
- **FIND A GOOD CAREER FIT** with more confidence
- **HAVE INSTANT CREDIBILITY** with organizations



# FREE COACHING SESSION!

**Would you like to benefit?**  
**Receive a free 20 minute session!**

Potential topics:

- Growing in Confidence
- Strengths
- What do I want to do with my life?
- College & Scholarship Applications
- How do I choose a College or Trade School?
- How do I choose a Career?
- College Prep
- How can I be chosen for opportunities?
- How do I make big decisions about the future?
- What is Coaching like?

Visit [www.newpathwayscoach.com](http://www.newpathwayscoach.com) for more information &  
contact Kathryn Greene at [Kathryn@newpathwayscoach.com](mailto:Kathryn@newpathwayscoach.com)