

Strengths Inventory Worksheet

My skills and talents

a) Natural, innate skills, things I did well without thinking as a child.

b) Learned skills

Areas of knowledge/expertise/wisdom

a) Things I **always** just knew

b) Knowledge and expertise I have learned

Experience

a. Useful work experience

a. Useful non-work experience

Personal Qualities – e.g. Attitudes, Behaviours

Weaknesses Inventory

Useful/Relevant Talents And Skills I Lack

Useful/Relevant Areas Of Knowledge/Expertise I lack

Useful/Relevant Experience I Lack

Personal Qualities I Lack Or Which Don't Serve Me