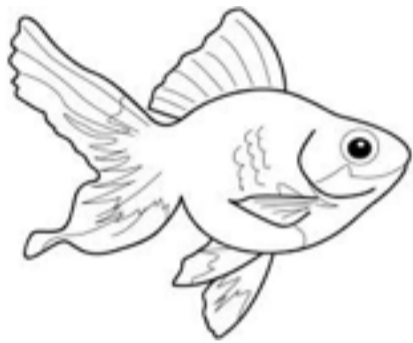


Exploring your Strengths & Weaknesses with

*Verbal Courage*TM



“Everybody is a genius.
But if you judge a fish by its
ability to climb a tree,
it will live its whole life believing
that it is stupid.”

You are perfectly unique!

Within you at this very moment are powerful, innate talents, skills and abilities (your strengths). These make you extremely valuable and able to do things in ways that no one else can.

Also within you are your weaknesses, these are the tasks and activities that drain you, things you don't enjoy doing (*even if you seem to be good at them*).

It's time to identify both so you can move forward in your career with this valuable information. This knowledge will allow you to navigate your weaknesses and more importantly, embrace and tap into your strengths so you can launch yourself into a more visible, verbal and vibrant life!

Examples

Strengths and Weakness

listening

empathetic

communicative

analytical

problem-solving

artistic

humour

inspiring

generating ideas

orderly/organizing

negotiating

leadership

courage

writing

budgeting

developing people

adventurous

accuracy

assertiveness

authenticity

honesty

flexibility

intelligent

optimistic

data input

patience

speaking

selling

How Do I Find My Strengths?

Explore the following questions:

What are you doing when you lose track of time (get to the core of it, if you're spending time with friends - what are you doing that makes that time together fun (e.g. being loyal, a good listener, using humor or authenticity)?

What activities or tasks do you look forward to vs. procrastinate on or delegate to others?

What activities or tasks bring you a sense of fulfillment?



How Do I Find My Weaknesses?

Explore the following questions:

What activities or tasks do you put off, and feel as though they take forever?

What activities or tasks are you currently doing, that you'd never do again if given the opportunity?

What activities or tasks leave you feeling drained or exhausted (even if you're good at them)?



Taking Inventory

Create a list of your strengths and weaknesses below using the insights gathered from the previous pages of this workbook:

strengths

weaknesses

