**Find Your Strengths Worksheet**

**1. What types of activities do you enjoy** participating in, or wish that   
you could if you had no obstacles getting in your way?

**2. What talents or skills** are easy for you?

**3. What do you like to do that gives you a sense** of inner satisfaction,   
achievement and fulfillment?

**4. What do friends, family and/or colleagues** compliment you for,   
or take for granted that you will do well?

**5. Have you ever lost track of time doing something that you loved?**Describe what that was like and what you were doing.

**6. If you didn't have to worry** about time or money, what would you be doing?

**7. If you knew you would never fail**, what would you be doing?

**8. What common thread or theme have you seen in your answers?**What motivates you? (love to teach? serve? organize? encourage? give? etc.)