

Your Strengths

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Strengths

Sometimes, we move through life so focused on improving ourselves that we lose sight of what is already present within us.

Strengths are not only skills or achievements.

They are often the qualities, ways of thinking, patterns of energy, and natural ways of being that help us feel most alive, capable, and connected to ourselves.

Some strengths may feel obvious and familiar. Others may feel quieter or easier to overlook because they come so naturally to you.

This workbook is an invitation to slow down and gently explore the strengths that already exist within you.

Not to compare yourself to others.

Not to prove your worth.

But to become more aware of the qualities that support you, energize you, and help you move through life in a way that feels most natural and true.

As you move through these pages, you may begin to notice patterns in what brings you energy, confidence, ease, meaning, or a deeper sense of connection.

Some reflections may feel encouraging. Others may invite you to recognize parts of yourself you haven't fully acknowledged before.

That's completely okay.

Sometimes awareness grows simply by paying attention to what already feels alive within you.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about becoming someone else.

It's about recognizing more of who you already are.



Exploring Your Strengths

Spend a few moments reflecting on times when you've felt:

- energized
- engaged
- fully yourself

These moments do not need to be dramatic or impressive.

Often, strengths appear in ordinary situations—in how you think, respond, connect, create, lead, support, or persist.

As you reflect, notice:

- what you were doing
- how you were showing up
- what felt natural or consistent

Strengths are not only skills or achievements.

They are often patterns in how you move through the world and respond to life.

If it helps, you can explore the list on the next page as a starting point.

Rather than trying to identify every strength, focus on the patterns that appear most consistently in your life.



Your Strengths

You can use this list as a guide, or simply reflect in your own words.

Wisdom & Knowledge	Courage	Humanity
Creativity	Bravery	Love
Curiosity	Perseverance	Kindness
Judgment	Integrity	Social intelligence
Perspective	Zest	
Innovation		
Justice	Temperance	Transcendence
Teamwork	Forgiveness	Appreciation of Beauty
Fairness	Humility	Gratitude
Leadership	Prudence	Hope
	Self-Control	Humor
		Spirituality



My Core Strengths

Pause for a moment and look back at the strengths that stood out to you.

Some may feel obvious and familiar. Others may feel quieter, but still deeply consistent.

Rather than focusing on the “best” strengths, focus on the ones that feel most natural, recurring, or energizing in your life.

If something consistently brings clarity, momentum, connection, or a sense of alignment, it likely belongs here.

Choose a few strengths that seem most representative of how you naturally think, act, relate, or contribute.

	Strength	How do you define it relative to your life?
1		
2		
3		
4		
5		



Exploring a Strength

Explore how this strength tends to appear in your life. Pay attention to the situations, relationships, or environments where this strength appears most naturally and consistently.

Strength #1: _____

Why does this feel like a strength for you?

When do you feel most connected to this strength?

How does this strength show up in your life?

What tends to become easier when you lean into this strength?



Exploring a Strength

Explore how this strength tends to appear in your life. Pay attention to the situations, relationships, or environments where this strength appears most naturally and consistently.

Strength #2: _____

Why does this feel like a strength for you?

When do you feel most connected to this strength?

How does this strength show up in your life?

What tends to become easier when you lean into this strength?



Exploring a Strength

Explore how this strength tends to appear in your life. Pay attention to the situations, relationships, or environments where this strength appears most naturally and consistently.

Strength #3: _____

Why does this feel like a strength for you?

When do you feel most connected to this strength?

How does this strength show up in your life?

What tends to become easier when you lean into this strength?



Exploring a Strength

Explore how this strength tends to appear in your life. Pay attention to the situations, relationships, or environments where this strength appears most naturally and consistently.

Strength #4: _____

Why does this feel like a strength for you?

When do you feel most connected to this strength?

How does this strength show up in your life?

What tends to become easier when you lean into this strength?



Exploring a Strength

Explore how this strength tends to appear in your life. Pay attention to the situations, relationships, or environments where this strength appears most naturally and consistently.

Strength #5: _____

Why does this feel like a strength for you?

When do you feel most connected to this strength?

How does this strength show up in your life?

What tends to become easier when you lean into this strength?



Reflection

Give yourself a moment to look back at the strengths you've explored.

As you reflect, notice what begins to stand out.

You may start to recognize patterns in how you naturally think, connect, contribute, solve problems, or move through challenges.

What do these strengths suggest about the kind of person you are becoming?

A large area of dotted lines for writing reflections.

Continue Your Journey

Thank you for taking the time to reflect on the strengths that support and shape your life.

Strengths are not meant to become pressure or expectations you must constantly live up to.

They are reminders of the qualities, energies, and ways of being that already exist within you.

Some of the strengths you explored may feel deeply familiar and naturally present. Others may feel like parts of yourself you're only beginning to recognize more clearly.

Small moments of awareness can deepen the way you understand yourself, build confidence, and move through life with greater intention and self-trust.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life