Your Strengths Cards

Adventurous	Dependable	Humorous	Prudent
Analytical	Determined	Independent	Reliable
Appreciative	Detailed	Insightful	Resilient
Approachable	Empathetic	Kind	Rigorous
Attentive	Energetic	Modest	Sincere
Brave	Engaging	Open-minded	Spiritual
Calm	Fair	Organised	Spontaneous
Caring	Flexible	Passionate	Strategic
Conscientious	Focused	Patient	Supportive
Creative	Forgiving	Persistent	Thoughtful
Considered	Generous	Playful	Trustworthy
Co-operative	Grateful	Positive	Understanding
Curious	Guiding	Practical	Warm
Decisive	Hopeful	Principled	Wise

SORTING CARDS

DEFINITELY ME

SOMEWHAT ME

NOT ME

Step 3: Narrowing Down

- Focus on your **Definitely Me** pile.
- From this pile, select the 5-10 strengths that feel the most significant to you right now. These are your *core strengths*.
- Write these down in your journal or in the space below.

My Top Strengths

Step 4: Reflect on Your Core Strengths

Answer the following prompts to deepen your understanding of your strengths:

1. Which of these strengths do you use most often?

2. In what situations do these strengths shine the brightest?

3. Are there any strengths on your list that feel underused? How might you use them more? What might be holding you back from using this strength more fully? How can you overcome these obstacles?

Step 5: Integration

- Reflect on how these strengths align with your life purpose, values, and aspirations.
- Consider: *How do I want these strengths to feature in my life moving forward?*
- Record your thoughts in **Your Soulful Guide**

Step 6: Explore the Follow-Up Activities

- After identifying your strengths, use the optional follow-up activities provided in this module to explore how to use and develop your strengths in meaningful ways.