

## The Strengths & Traits Worksheet

A guided reflection to help you recognize what's already strong within you.

We've all tried to understand ourselves through tests, types, and labels. But your strengths aren't categories — they're patterns. This worksheet will help you map those patterns — the skills you've learned and the traits that come naturally — so you can see what's already strong in you and use it with more clarity and confidence.

Take your time. There's no rush, no right answers. Notice what repeats or feels meaningful. That's where the insight lives. By the end, you'll have your own personal Strengths Map — a clear picture of what you bring to the world and how to lean on it when life gets challenging.

You'll need: a notebook or pen, a quiet space, and about 30–45 minutes of reflection.

Think about moments when you felt fully engaged — when effort felt effortless and time seemed to disappear.

Prompts to explore:

- When do I lose track of time because I'm absorbed in what I'm doing?
- What activities make me feel capable, creative, or calm?
- What do people thank me for that feels easy or natural to me?
- Where do I consistently feel useful or energized?

Your strengths are a mix of what you've learned and who you are. Use the space below to capture both sides of your strength story.

Skills I Do	Traits I Am
e.g., problem-solving, writing, organizing, mentoring	e.g., empathetic, curious, patient, optimistic

Tip: Notice when a skill and a trait combine to create your best moments. Example: "My organization (skill) and empathy (trait) help me create calm in chaotic situations."

Sometimes others see us more clearly than we see ourselves. Reach out to two or three people you trust and ask:

1. What do you think I naturally do well?
2. What do people count on me for?
3. When do you see me at my best?

Person	Notes
1	
2	
3	

Look back at everything you've written — your reflections, lists, and feedback. What ideas or qualities appear more than once? Where do your skills and traits overlap?

Prompts to consider:

- What themes or words keep resurfacing?
- What do these patterns say about how I naturally contribute?
- How have these strengths shown up across different parts of my life — work, relationships, or recovery?

Now pull it all together. List your top five strengths below, mixing both skills and traits. Then note how each one shows up in your life.

My Strength	How It Shows Up in My Life

Which of these strengths do I want to lean on more intentionally in the next season of my life?

Take a few minutes to sit with what you've discovered. You've just created a snapshot of who you already are — not a version to become, but one to recognize.

Reflection prompts:

- What did I learn about myself through this process?
- How did it feel to name my strengths in my own words?

- What one strength can I rely on this week to support my next step forward?

Keep your Strengths Map somewhere visible — in your journal, workspace, or phone. When self-doubt creeps in, look at it. These aren't goals to chase; they're reminders of what's already working.

If you found this reflection helpful, there's more waiting for you:

- Watch: *Why Self-Awareness Beats Self-Improvement*
- Read: *How to Build Confidence That Lasts*
- Explore: More free guides and reflections at [thejeffturner.ca](http://thejeffturner.ca)

Until next time, I'm Jeff Turner — reminding you to take care of yourself, however that looks to you.