

STRENGTH QUIZ



Date: _____

Day 1.

What activities or tasks make you feel energized, engaged, and in your element? These can indicate your some of your natural talents lie.

- _____
- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 2

Think about specific activities or tasks that bring you joy and make you feel like time flies by. These can indicate areas where your strengths are likely to be present.

- _____
- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 3

When do you feel a sense of accomplishment and pride in your work or personal life? These are your strengths shining through.

- _____
- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 4

Reflect on moments when you have achieved something meaningful or made a significant impact. Identify the skills and qualities you utilized to achieve those accomplishments.

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- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 5

What do others often compliment or appreciate about you? Ask a few trusted associates for an honest assessment of your strengths.

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- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 6

What strengths or abilities help you navigate and overcome obstacles in challenging situations? These can help during difficult times and indicate your leadership.

- _____
- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Day 7

What feedback and compliments do you receive from friends, family, or colleagues? What do they admire or appreciate about you? This can offer insights into your strengths as perceived by others.

- _____
- _____
- _____
- _____
- _____

Today's affirmation

- _____
- _____
- _____

3 Good things today

- _____
- _____
- _____

Something I'm proud of

- _____
- _____
- _____

STRENGTH QUIZ



Date: _____

Summary of my strengths

- _____
- _____
- _____
- _____
- _____



Key Takeaway from Challenge.

- _____

What I'm most proud of

- _____
- _____
- _____