

Your Secret Superpower: Worksheet

By selecting and utilizing a research based method for identifying your own strengths, you will be able to trust the results and then explore applying them to multiple aspects of your life.

Gallup StrengthsFinder

Myers Briggs Type Indicator

Emergenetics[®]

NEO - FFI

Other Assessments:

Appreciative Inquiry: an approach to seeking, identifying and enhancing energizing experiences that exist when we are working within our strengths.

Appreciative Inquiry: Question 1

Appreciative Inquiry: Question 2

ACTION PLAN

Identify your strengths, connect them to energizing experiences, then set three action items for after the convention!

Strength

Strength

Strength

Strength

Connect your strengths to your energizing experiences.

Experience

Experience

Experience

Action Item

Action Item

Action Item