



Passion First

Focus On Your Strength: Exercise

Life Planning Exercise 5 – My Strengths Inventory

The *Passion First* Mindset is about developing self-awareness. It's vital that we recognize our strengths, interests, values, and desires, and then connect them with our goals and visions for our lives. Doing this enables us to tap into the courage and perseverance needed to overcome any challenges associated with our dreams.

When you play to your strengths, you tap into your innate ability to be great. *Passion First* begins a self-discovery process that will define your strengths and provide a great foundation for your success in the future.

Step 1 - Skills and Strengths - Identify the things you do well. One area might be athletics: perhaps you are very coordinated, strong or flexible, or maybe there are activities like running, swimming or soccer at which you excel. Consider whether academics is an area of strength for you, and perhaps subjects like science, math or reading are areas in which you're gifted. Maybe you're artistic, and skills like playing an instrument, drawing, singing or dancing might be where you shine. Or you could go even deeper and think about your psychological strengths: Are you intuitive? A great problem-solver? Highly social?

Below is a list of various strengths that people sometimes build on to live extraordinary lives. This is just a sample; there are ultimately many more. Highlight some from the list below that apply to you, and think about how you can build your dreams around them. Use the empty spaces to list other strengths you have that are not included here.

My Strengths Inventory

Math/Analytics	Reading/Comprehension	Communicative
Critical Thinking	Open-minded	Originality
Creativity	Imaginative	Logical
Socially Adept	Empathetic	Compassionate
Gracious	Generous	Brave/Courageous
Persistent	Diligent	Detail-oriented
Honest	Integrity	Kind
Loyal	Team-oriented	Fair
Leadership	Disciplined	Faithful
Discreet	Modest	Playful
Sensitive	Forgiving	Optimistic
Humorous	Passionate	Enthusiastic
Artistic	Athletic	Resourceful
Reliable	Ambitious	Adaptable

Part 2 - Situational Strengths – Identify the situations in which you perform at your best. Do you work well in big groups? Do you perform well under pressure? Are you at your best outside or in a closed room? Know when you are at your best and begin putting yourself in those situations more often.

Below is a list of sample situations in which people often thrive. This is just a sample and there are many more. Identify and highlight the situations you thrive in, using the spaces to list other situations in which you shine. Continue to come back and add other situations as you build a deeper understanding of your strengths.

Situational Strengths Inventory

Large Crowds	Solitude	Under Pressure
Early Morning	Afternoon	Evening
Late at Night	After Exercise	Outdoors
In Public	With Friends	With Family
When Challenged	In Competition	In A Crisis
Small Groups	One on One	Hot Weather
Cold Weather	Near Water	Bright Lights
Dim Lights	Loud Environments	Quiet Places
With Music On	On The Move	Learning New Things