

PERSONAL STRENGTHS WORKSHEET

Name: _____ Period: _____ Date: _____

O*NET Interest Profiler: www.mynextmove.org/explore/ip

Click on the link above and respond to all of the questions until the quiz is complete. Do NOT focus on if you have the education or training, or how much money you would make - just **focus on if you would enjoy doing the task**. Read each work carefully and respond in the way that would best describe you on the spectrum of agree — disagree. Then, reflect on your results by answering the questions below. Remember that no quiz can fully label your personality or define you as a person, and there may be some results that you disagree with.

Organize your top three Interest Results below by putting which result had the highest number first.

1. _____ Score: _____
2. _____ Score: _____
3. _____ Score: _____

How much education, training and experience would you be willing to do for a job?

Circle one or more of these options: *little, some, medium, high, extensive* preparation

Job Zone 1 (*little* preparation): Which career in this section might be a good fit for you, and why?

Job Zone 2 (*some* preparation): Which career in this section might be a good fit for you, and why?

**Click 'Back' twice to get back to the Job Zone selection options.*

Job Zone 3 (*medium* preparation): Which career in this section might be a good fit for you, and why?

Job Zone 4 (*high* preparation): Which career in this section might be a good fit for you, and why?

Job Zone 5 (*extensive* preparation): Which career in this section might be a good fit for you, and why?

Select one career above to research by clicking that career on this website. What did you find and learn?

16 Personalities Quiz: 16personalities.com/free-personality-test

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According to this quiz, what is your personality type? _____

Summarize in your own words what this personality type is.

Do you agree or disagree with this assessment, and why?

Indicate with a line where your results were on each of the Personality Traits scales: Extroverted ----- Introverted Intuitive ----- Observant Thinking ----- Feeling Judging ----- Prospecting Assertive ----- Turbulent
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In Section 2, under 'Career Paths', what Influential Traits were listed for you?

Of the Strengths listed, which 2-3 most resonate with you and why?

Of the Weaknesses listed, which 2-3 most resonate with you and why?

Research on Google: What is an aptitude, and how is it different from your personality?

In your timeframe orientation, you are a... (check the box of which one best applies to you)

- **Future Focuser:** You like to plan and focus on long-term goals that may take years to complete.
- **Balanced Focuser:** You like to have long-term goals, with small achievements along the way.
- **Present Focuser:** You like to make short-term goals to make them feel more achievable.

In your work approach, you prefer to be a...

- **Specialist:** Focusing on independent task completion, aiming to become an expert in their field.
- **Liaison:** Flexible, and can relate to the views of others, but also has their own unique vision.
- **Generalist:** Intuitively works in teams, on committees, and in organizations, focused on the goal.

In your idea generation, you are most often a...

- **Brainstormer:** Comes up with ideas for parties, projects, activities, and stories easily.
- **Idea Contributor:** Can elaborate on an idea if needed or if they are particularly interested in the topic.
- **Concentrated Focuser:** Prefers to help plan and implement other peoples' ideas.

Other common aptitudes... (check all that apply)

- If you are good at math, numbers and spreadsheets, you have good **numerical reasoning**.
 - If you can make quick math calculations in your head, you have good **numerical computation**.
- If you can visualize what a room could look like, you have good **spatial visualization**.
 - **Space planner:** Good at reading maps, blueprints, or diagrams.
 - **Abstract thinker:** Good at thinking through abstract scenarios or "what-if's" circumstances.
- If you mentally arrange information in certain orders, you have good **sequential reasoning**.
- If you can think critically and quickly solve real-life problems, you have good **inductive reasoning**.
- If you can memorize and recall new information quickly, you have good **associative memory**.
 - **Visual memory:** If you can only remember the information for a short period of time.
 - **Pattern memory:** If you specifically can find and remember patterns.
- If you are great at ball sports and can respond quickly with your hands (catch something fast without much thinking), you have good **hand-eye coordination**. You may also be good at typing and crafts.

Select two of the above **aptitudes** that you checked and provide an example of each from your life:

1. _____

2. _____

Is there anything else that people have told you you're good at, or that you're a "natural"?

I'm think naturally good at _____

Watch this video: <https://www.youtube.com/watch?v=iugtAo9wIIQ&t=24s>

What do you want people to say about you when you're not in the room?

What did you love about your lifestyle growing up, and what did you hate?

What would make you cry from regret at your 90th birthday?

Whose life do I want anyway?	What do I love/like about their life?	What do I NOT want from their life?
Person 1:		
Person 2:		
Person 3:		

Complete Suzie Welch's "The Value Bridge" Quiz: <https://thevaluesbridge.com/quiz/>

The Four Core Values:

1/15 _____ The Authenticity Gap _____

Definition: _____

2/15 _____ The Authenticity Gap _____

Definition: _____

3/15 _____ The Authenticity Gap _____

Definition: _____

4/15 _____ The Authenticity Gap _____

Definition: _____
