



DISCOVER YOUR STRENGTHS

Each of us has a unique, highly personalized set of core strengths. These flagship abilities - our strongest natural talents - are our premier resources for making a quantum leap in performance and achieving our purpose.

These strengths are helping you tap into your deep potential and play in your sweet spot to give you the greatest chance for peak performance in your work and life endeavors.

Spend some time reflecting on the following questions and write down your conclusions.

Also consider how your friends, co-workers, and family members would answer this same set of questions with you in mind.

1. What activities or interests really energize you and light you up inside?

2. What things just seem to come naturally to you, things where you have a rapid learning curve?

3. What would you say is your single best talent?

4. Using your strengths and natural talents, what unique contribution would you like to make at your current workplace?
