
ALIGNED
AMBITION

Building Connection through Career Guidance

Strengths Exercise

Begin listing qualities and characteristics that make you unique and can help support you in the interests you choose to pursue. A list of qualities is attached. You can also use the questions below to help get you started.

1. How do I influence people or move them to action?
2. How do I build relationships with other people?
3. How do I analyze the world, or what kind of thinking do I favor?
4. What motivates me to work? What make me eager to perform?
5. Am I more inward-facing or outward-facing person?

Rank	Strength	Evidence

There are no right or wrong answers. As your list lengthens, try to narrow it down to your most dominant. Think of things that have always been present or “born that way” kind of qualities. Finally, rank your strongest traits, focusing on top three to five.

Accessible
Active
Adaptable
Admirable
Adventurous
Agreeable
Alert
Amiable
Anticipative
Appreciative
Articulate
Aspiring
Athletic
Attractive
Balanced
Benevolent
Brilliant
Calm
Capable
Captivating
Caring
Challenging
Charismatic
Charming
Cheerful
Clean
Clear-headed
Clever
Colorful
Companionly
Compassionate
Conciliatory
Confident
Conscientious
Considerate
Constant
Contemplative
Cooperative
Courageous
Courteous
Creative
Cultured
Curious
Daring

Debonair
Decent
Decisive
Dedicated
Deep
Dignified
Directed
Disciplined
Discreet
Dramatic
Dutiful
Dynamic
Earnest
Ebullient
Educated
Efficient
Elegant
Eloquent
Empathetic
Energetic
Enthusiastic
Esthetic
Exciting
Extraordinary
Fair
Faithful
Farsighted
Felicific
Firm
Flexible
Focused
Forceful
Forgiving
Forthright
Freethinking
Friendly
Fun-loving
Gallant
Generous
Gentle
Genuine
Good-natured
Gracious
Hardworking

Healthy
Hearty
Helpful
Heroic
High-minded
Honest
Honorable
Humble
Humorous
Idealistic
Imaginative
Impressive
Incisive
Incorruptible
Independent
Individualistic
Innovative
Inoffensive
Insightful
Insouciant
Intelligent
Intuitive
Invulnerable
Kind
Knowledge
Leader
Leisurely
Liberal
Logical
Lovable
Loyal
Lyrical
Magnanimous
Many-sided
Masculine
Mature
Methodical
Meticulous
Moderate
Modest
Multi-leveled
Neat
Objective
Observant

Open
Optimistic
Orderly
Organized
Original
Painstaking
Passionate
Patient
Patriotic
Peaceful
Perceptive
Perfectionist
Personable
Persuasive
Playful
Polished
Popular
Practical
Precise
Principled
Profound
Protean
Protective
Providential
Prudent
Punctual
Purposeful
Rational
Realistic
Reflective
Relaxed
Reliable
Resourceful

Respectful
Responsible
Responsive
Reverential
Romantic
Rustic
Sage
Sane
Scholarly
Scrupulous
Secure
Selfless
Self-critical
Self-defacing
Self-denying
Self-reliant
Self-sufficient
Sensitive
Sentimental
Seraphic
Serious
Sexy
Sharing
Shrewd
Simple
Skillful
Sober
Sociable
Solid
Sophisticated
Spontaneous
Sporting
Stable

Steadfast
Steady
Stoic
Strong
Studious
Suave
Subtle
Sweet
Sympathetic
Systematic
Tasteful
Teacherly
Thorough
Tidy
Tolerant
Tractable
Trusting
Uncomplaining
Understanding
Undogmatic
Upright
Urbane
Venturesome
Vivacious
Warm
Well-bred
Well-read
Well-rounded
Winning
Wise
Witty
Youthful

STRENGTH	HOW STRENGTH SUPPORTS DESIRED ROLE / INTEREST