

# YOUR TOP SKILLS AND STRENGTHS

As you think about your skills and strengths, we'd encourage you to start with the following questions. Do a quick survey of your world and what it has to teach you. Ask yourself:

## 1. When I'm the happiest at work:

- What have I done?
- What impact have I had?
- What does my work contribute to?
- What skills have I been using that I love?

## 2. When I'm most content with my personal life:

- What have I been doing?
- Who have I been with?
- When do I feel engaged and involved?
- What impact have I had on my surroundings and the people in my world?
- What are the skills I've been using that I love?