

# Strengths Inventory

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To get a view of your strengths, score yourself in each of these areas, with A being the greatest and C being the lowest.

## Personal

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### Health

A B C My life is full of only healthy stress.

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A B C I have lots of energy, vim, and vigor.

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A B C I look great physically.

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A B C My body is healthy and well taken care of.

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A B C I recover well from illness.

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A B C

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### Financial

A B C I am financially independent or clearly on track to becoming so.

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A B C I am free of credit cards and installment debt.

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A B C I can count on my income each month.

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A B C I have extra money in a safe and available space.

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A B C Money (or lack of it) doesn't hold me back.

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A B C

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### Career

A B C I like—and get what I need from—the work that I do.

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A B C I have the training and education I need to advance.

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A B C I am respected at work.

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A B C I get paid well for the work I perform.

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A B C

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## Relationships

A B C My friends love me even more than I need.

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A B C My family loves me even more than I need.

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A B C I feel a special connection with certain people.

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A B C I have a best friend.

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A B C People are there when I need them.

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A B C

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## Outlook

A B C I am optimistic about myself and my future.

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A B C I trust in a higher power.

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A B C I recover well from challenges and difficulties.

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A B C I am actively engaged in creating my future.

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A B C

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## Self-Care

A B C I readily put myself first when I need to.

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A B C I am free from addiction to substances and food.

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A B C I get help quickly and appropriately when I need it.

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A B C

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## Situational

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### Communication

A B C I get my point across powerfully and consistently.

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A B C People listen and respond to me and what I say.

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A B C I often willingly share my thoughts and ideas.

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A B C I hear beyond what others are saying.

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A B C I can articulate what is really happening.

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A B C

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## Social

A B C I attract great people to me.

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A B C I am graceful in social situations.

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A B C I make people feel great about themselves.

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A B C I deliver parties or events that others love.

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A B C My social calendar is full or nearly full.

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A B C

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## Professional

A B C I lead a group or staff well.

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A B C I am a great people manager.

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A B C I handle myself well in business situations.

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A B C I know my stuff (technology, info, procedures).

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A B C I meet and exceed my targets and goals at work.

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A B C

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## Challenges

A B C I recover well from disappointments and problems.

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A B C I anticipate problems and handle them early.

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A B C I don't mind risk. I use it to get what I want.

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A B C I adapt to and make the most of changes around me.

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A B C I can count on myself to always survive the worst.

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A B C

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## Style

A B C People can count on me to be on time and keep my word.

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A B C I am very organized and neat.

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A B C I ask for, and get, what I need.

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A B C I don't gossip; I keep confidences and am trustworthy.

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A B C

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## Proaction

A B C I have and honor my personal standards.

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A B C I make and follow through on my commitments.

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A B C

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