

What does the word “strength” mean to you?

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What does the word “weakness” mean to you?

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Now that you have an understanding of what the words mean to you, it is time to apply them to yourself.

Based on where you are now, what is your strengths and weaknesses in your

	Strengths	Weakness
Personal Life		
School Life		
Relationships		
Academic Life		

What are your top five strengths?

1.	
2.	
3.	
4.	
5.	

For each of your strengths, identify someone (can be real or from a television show, book) who exemplifies this strength. Beside each person, write why you think this person stands out from the crowd when it comes to the particular strength. Finally, using a scale of 1 - 5 where:

- 5 means right up there, no need for improvement
- 3 means average could be improved upon
- 1 it is a strength, but, it needs improvement

use this person as a benchmark. On the scale, they are a five. Where would you rank beside them?

	Person	Reason	My Rank
1.			
2.			
3.			
4.			
5.			

What are your top five weaknesses?

1.	
2.	
3.	
4.	
5.	

For each of your weaknesses, is there a way you can improve upon them?

1.	
2.	
3.	
4.	
5.	