

# Strengths Analyzer

This exercise will help you focus on where you are today. It is often very easy to list all the things that challenge us, but more difficult to consider what we do best and how we can apply those strengths.

Directions: In the left column, list your critically important strengths; the things that make you great. In the right column, list your weaknesses including challenges and opportunities for growth.

Strengths: What Makes You Great?	Derailers: What Could Take You Down?