

# Identifying Strengths

## Energy

*What activities give you/them an energetic buzz?*

## Authenticity

*When do you/they feel most like the “real you/them”?*

## Ease

*What activities come naturally to you/them?*

## Attention

*Where do you/they focus?*

## Rapid Learning

*What have you/they picked up quickly, almost effortlessly?*

## Motivation

*What activities do you/they do simply for the love of doing them?*

## Voice

*A shift in passion and engagement probably means you’re/they’re talking about a Strength.*

## Words and Phrases

*The Strength(actual word) is used commonly.*

## Time

*What activities make you/them unaware of time?*

## Frustration

*What causes you/them to feel frustrated?*

*Frustration is often an indicator that a Strength is being suppressed.*