

# Finding Your Strengths

You already have them. This exercise helps you see them clearly.

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This exercise is simple but often surprisingly revealing. Set aside a few quiet minutes and trust your instincts — your first reaction is usually the most honest one.

Read through the list below and choose fifteen words that feel like they describe you or what you value. Don't overthink it. When you have your fifteen, narrow them down to ten. Then from ten, choose your five.

Those five words say something real about who you are. You may notice some unexpected words in the list. Choose freely — there are no wrong answers here.

Reliable, Unreliable, Strong, Powerful, Weak, Creative, Logical, Intuitive, Analytical, Empathetic, Purple, Brave, Timid, Patient, Impatient, Optimistic, Pessimistic, Confident, Insecure, Determined, Lazy, Innovative, Conventional, Curious, Indifferent, Adaptable, Rigid, Mutable, Charismatic, Dull, Energetic, Lethargic, Honest, Manipulative, Deceptive, Loyal, Disloyal, Generous, Selfish, Organized, Messy, Disorganized, Trim, Ambitious, Content, Insightful, Superficial, Courageous, Cowardly, Diligent, Negligent, Compassionate, Red, Cheerful, Gloomy, Resilient, Fragile, Inventive, Conformist, Open-minded, Narrow-minded, Respectful, Disrespectful, Passionate, Apathetic, Judgmental, Persistent, Tactful, Blunt, Resourceful, Unimaginative, Wise, Foolish, Witty, Decisive, Indecisive, Focused, Distracted, Inspiring, Discouraging, Genuine, Pretentious, Humble, Arrogant, Imaginative, Uncreative, Intelligent, Ignorant, Kind, Cruel, Modest, Boastful, Observant, Oblivious, Persevering, Pragmatic, Idealistic, Proactive, Reactive, Rational, Emotional, Responsible, Irresponsible, Sincere, Insincere, Sociable, Antisocial, Thoughtful, Green, Tolerant, Intolerant, Trustworthy, Untrustworthy, Versatile, Limited, Visionary, Warm, Cold, Willing, Reluctant, Jealous, Apathetic, Complex, Simple

If a word that describes you isn't on the list, add it.

**My fifteen:**

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**My ten:**

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**My five:**

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*Bring these to your next session with Maya. The words you removed are just as interesting as the ones you kept.*