

Strengths Words Companion

Circle words that feel true for you today. Add your own strengths words below.

Thinking & Learning

Analytical, Observant, Broad perspective, Practical, Curiosity, Thinks ahead, Inquisitive, Intellectual, Introspective, Intelligent, Lifetime learner, Researching, Critical thinker, Open minded, Foresight

Achieving & Doing

Athletic, Resourceful, Adaptable, Motivated to Achieve, Organized, Initiator, Managing, Competitive, Persistent, Disciplined, Focused, Goal-Oriented, Efficient, Planner, Coordinating, Follows through, Thrifty, Problem solver

Connecting & Communicating

Communicator, Caring, Considerate, Sensitive, Mentoring, Empathic, Cooperative, Tolerant, Kind, Brings people together, Sympathetic, Hospitable, Friendly, Enjoys people, Diplomatic, Skilled negotiator, Persuasive, Charismatic, Aware of feelings

Character & Responsibility

Altruistic, Ethical, Honest, Trustworthy, Fair, Socially responsible, Responsible, Humility, Authentic, Self-controlled, Prudent, Loyal, Brave, Courageous, Evenhanded, Leader, Careful

Creating & Expressing

Imaginative, Creative, Artistic, Inventive, Original, Musical, Spatial, Mechanical, Technical, Computing, Sees patterns, Appreciative of beauty, Articulate, Witty

Energy & Outlook

Playful, Hopeful, Grateful, Optimistic, Intuitive, Self-confident, Intense, Enthusiastic, Balanced, Energetic, Even tempered, Zestful, Cheerful, Wisdom, Spiritual, Strong faith, Generous

My Own Strengths Words

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Tip: Choose 3-5 words to describe you today. Try a different set next time.