



4. What do you consider to be your top three strengths? You can include strengths from the previous list, identified in the reflection activity, or other strengths that you possess.

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_

Now that you have identified your strengths (or at least a few of them!), think about the different times you have used your strengths . . .

- At work,
- while volunteering,
- in your academic work,
- at home,
- etc.

Strengths are something that we take with us wherever we go. Consequently, we have many opportunities to use (and develop) our strengths in many different settings.

5. Choose one of the strengths from your list. Give three examples of times when you have utilized this strength. Each example should be from a different type of activity (class project, campus job, club activity, volunteer, helping a friend, internship, etc.)

STRENGTH: \_\_\_\_\_

Example 1

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Example 2

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Example 3

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

