

## Worksheet: Character Strengths Spotting in Others and Yourself

Sometimes it feels easier to identify character strengths in others rather than yourself. By first focusing your attention on the strengths of two other people, you may find connections to your personal strengths and tips for using them effectively. This exercise can help with self-reflection as well as strengthening your relationships with others. Appreciating the strengths of others in your life is a great habit to cultivate.

1. **Pick someone in your *personal* life who you look up to (e.g., family member, friend, childhood role model).** Name at least two of their character strengths. Describe how they use their strengths effectively in their personal or professional life.

Name:

Character Strengths (e.g., Judgment, Drive, Collaboration, Humanity, Humility, Integrity, Temperance, Justice, Accountability, Courage, Transcendence):

How do they use their strengths effectively?

2. **Next, pick someone in your *professional* life who you look up to (e.g., co-worker, supervisor, direct report, or other work associate).** Identify at least two of their character strengths. Describe how they use their strengths effectively in their professional life.

Name:

Character Strengths (e.g., Judgment, Drive, Collaboration, Humanity, Humility, Integrity, Temperance, Justice, Accountability, Courage, Transcendence):

How do they use their strengths effectively?

3. **Finally, think about *yourself*.** From the people you identified above, do you share any similar character strengths with them? Do you have any unique strengths that you haven't explored yet? Describe how you use your strengths effectively in your personal and professional life.

Similar strengths:

Unique strengths:

How can you use these strengths effectively to achieve your personal goals?

How can you use these strengths effectively to achieve your professional goals?