

*Winning Strategies for Women*  
*Strengths: Learn to Identify Your Strengths*

*To avoid burnout, find your unique strengths and use them. One way to find your core strengths, is go to [www.strengthsfinder.com](http://www.strengthsfinder.com). Another way is to evaluate and historically review in your mind the tasks that you have enjoyed doing most. Document those and review them for key themes.*

*Competition from others becomes less noticeable when you are utilizing your strengths. You have a gift in these areas. Find the strengths within you and use those strengths to stand out from the crowd. Herein lies the keys to truly being successful.*

*My Five Core Strengths are:*

- 1) \_\_\_\_\_ *If you don't go to strengthsfinder, skip*
- 2) \_\_\_\_\_ *to the next section.*
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

*What Activities/Tasks do you enjoy doing?*

- 1) \_\_\_\_\_ *Example: Planning social activities*
- 2) \_\_\_\_\_ *Leading meetings, mentoring*
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

*Characteristics/Similarities of these activities?*

- 1) \_\_\_\_\_ *Example: Look for anything that these*
- 2) \_\_\_\_\_ *tasks have common*
- 3) \_\_\_\_\_

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- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

*Common Themes/Strengths:*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

*Example: What stands out? Do most  
involve customer interaction?  
Are most of the activities  
analytical in nature?*

*Evaluate*

- 5) \_\_\_\_\_

*commonalities.*