

Reflection questions

Take a moment to thoughtfully answer the following questions. Write down your responses in as much detail as feels comfortable. This exercise is designed to help you connect your strengths to meaningful aspects of your life and future aspirations.

1. What accomplishments are you most proud of, and how did your strengths contribute to these successes?

(E.g. "I earned a leadership award because of my ability to motivate others.")

2. How have your strengths positively influenced your relationships with family, friends, or colleagues?

(E.g. "My patience has helped me support my younger sibling during tough times.")

3. In what ways can you use your strengths to pursue and achieve your future goals?

(E.g. "My resilience will keep me going as I prepare for a demanding exam.")

4. Identify a current challenge and reflect on how your strengths can help you navigate it.

(E.g. "My resilience will keep me going as I prepare for a demanding exam.")

Additional notes