

Strength Test

Look for **SIGNs** of a Strength

On a scale of 1- 5, 1 = **strongly disagree** and 5 = **strongly agree**, write down your responses to the following statements:

S

= SUCCESS

- | | | | | | |
|---|---|---|---|---|---|
| 1. I have been tremendously successful at this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 2. Other people often tell me I have a gift for this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 3. I have been given prizes or recognition for doing this type of activity. | 1 | 2 | 3 | 4 | 5 |

I

= INSTINCT

- | | | | | | |
|--|---|---|---|---|---|
| 4. I do this type of activity every day. | 1 | 2 | 3 | 4 | 5 |
| 5. I often find myself volunteering for this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 6. This type of activity is a "gut reaction" to me. | 1 | 2 | 3 | 4 | 5 |

G

= GROWTH

- | | | | | | |
|--|---|---|---|---|---|
| 7. I pick up this type of activity quickly. | 1 | 2 | 3 | 4 | 5 |
| 8. I find myself thinking about this type of activity every day. | 1 | 2 | 3 | 4 | 5 |
| 9. I can't wait to learn new techniques for doing this activity. | 1 | 2 | 3 | 4 | 5 |

N

= NEEDS

- | | | | | | |
|---|---|---|---|---|---|
| 10. I always look forward to doing this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 11. It's fun for me to think back to when I was doing this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 12. Doing this type of activity is one of my greatest personal satisfactions. | 1 | 2 | 3 | 4 | 5 |

If you scored:

53-60 = **A True Strength.** This is a powerful competitive advantage for you. You must maximize it.

46-52 = **A Talent.** You have a natural appetite and ability for this activity. Learn to focus and apply it.

37-45 = **A Skill.** You may be capable and competent at this activity, but it lacks the passion, performance and prestige of a true Strength.

00-36 = **Not a Strength.**

TIP: If none of your activities scored above 45, you may be in the wrong role.