

IDENTIFYING YOUR STRENGTHS FOR FUTURE EMPLOYMENT

Make a list of your strengths, interests, personality traits, and work habits in the space provided below. You can use these questions to help you think about it:

- 1. What do you think you do well?
- 2. What have people complimented you on in the past?
- **3.** What types of activities did you do well at a previous job, internship, volunteer experience, or even at home?

Strengths	Interests	Personality Traits	Work Habits
Organized	Computers	Outgoing	Like to work on something until its complete

Think about how your strengths, interests, personality traits, and work habits can apply to a workplace. How would these strengths and skills be positive to an employer? Look at the examples, then use the rows below to brainstorm how some of your strengths apply to the workplace:



Strength/Interest/Personality Trait/Work Habit	How These Can Apply to Work
Hardworking	Completes projects early, takes on more than others, maintains a high quality of work, works without supervision, follows up on projects independently
Energetic	Maintains fast work pace, tackles challenging tasks, stays positive, takes on extra tasks, maintains high productivity levels
Now that you've identified some strengths, inter how they're relevant to the workplace, practice can ask a friend or someone you know to give yo	answering this common interview question. You ou feedback, and write your best answer in the

how they're relevant to the workplace, practice answering this common interview question. You can ask a friend or someone you know to give you feedback, and write your best answer in the space below to prepare for future job interviews:

The interviewer might ask you: "what are your greatest strengths?"

