

Strengths Inventory

Personal

Health

- A B C My life is full of only healthy stress.
 - A B C I have lots of energy, vim and vigor.
 - A B C I look great, physically.
 - A B C My body is healthy and well taken care of.
 - A B C I recover well from illness.
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Financial

- A B C I am financially independent, or clearly on track.
 - A B C I am free of credit cards, installment debt.
 - A B C I can count on my income each month.
 - A B C I have extra money in a safe and available place.
 - A B C Money (or lack of it) doesn't hold me back.
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Career

- A B C I like, get what I need, from the work that I do.
 - A B C I have the training, education I need to advance.
 - A B C I am respected at work.
 - A B C I get paid well for the work I perform.
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Relationships

- A B C My friends love me even more than I need.
 - A B C My family loves me even more than I need.
 - A B C I feel a special connection with certain people.
 - A B C I have a best friend.
 - A B C People are there when I need them.
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Outlook

- A B C I am optimistic about myself and my future.
 - A B C I trust in a higher power.
 - A B C I recover will from challenges and difficulties
 - A B C I am actively engaged in creating my future.
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Self-care

- A B C I readily put myself first when I need to.
 - A B C I am free from addiction to substances, food.
 - A B C I get help quickly/appropriately, when I need it.
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Situational

Communication

- A B C I get my point across, powerfully/consistently.
 - A B C People listen and respond to me and what I say.
 - A B C I often willingly share my thoughts and ideas.
 - A B C I hear beyond what others are saying.
 - A B C I can articulate what is really happening.
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Social

- A B C I attract great people to/around me.
 - A B C I am graceful in social situations.
 - A B C I make people feel great about themselves.
 - A B C I deliver parties/events that others love.
 - A B C My social calendar is full/nearly full.
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Professional

- A B C I lead a group/staff well.
 - A B C I am a great people manager.
 - A B C I handle myself well in business situations.
 - A B C I know my 'stuff' (technical, info, procedures).
 - A B C I meet and exceed my targets and goals at work.
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Challenges

- A B C I recover well from disappointments & problems.
 - A B C I anticipate problems and handle them early.
 - A B C I don't mind risk. I use it to get what I want.
 - A B C I adapt and make the most of changes around me.
 - A B C I can count on myself to always survive the worst.
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Style

- A B C People can count on me to be on time/keep word.
 - A B C I am very organized, neat.
 - A B C I ask for, and get, what I need.
 - A B C I don't gossip/I keep confidences am trustworthy
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Pro-action

- A B C I have, and honor, my personal standards.
 - A B C I make and follow through on my commitments.
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