



4. After completing your formal schooling, which two or three subjects did/will you continue to study and enjoy most?
  
5. Briefly list up to ten (10) good experiences from any time of your life and any part of your life. What did you do to make them happen and what strengths did you use?

After answering the questions above, begin to examine patterns within your good experiences.

1. What strengths are demonstrated throughout your experiences?
  
2. In highlighting these strengths, are you able to give three or more examples of how you have used that strength in a number of ways in various environments?

This information will help you craft your resume, as well as assist you in your interviews. Working within your areas of dependable strengths only increases your potential and career satisfaction. Be sure to discuss this assessment with a career specialist.

Based upon the work of Dr. Bernard Haldane, Center for Dependable Strengths, 2006