

Journal Prompts to Help you Find your Strengths

While journaling / reflecting, I have found having guiding questions to focus your mind helps. Here are some questions that I've found useful in order to recognize your strengths:

- 1. What did you enjoy growing up?**
- 2. When do you feel you are in flow?**
- 3. What are you curious about?**
- 4. What activities, bring you joy, feel natural to you?**
- 5. What did you enjoy creating as a child, would you still like to do it if you had time?**
- 6. When or under what circumstances do you learn quickly?**
- 7. How do you bring value to other people?**
- 8. Do you like spending time with people?**
- 9. What would you work on if money wasn't an issue?**
- 10. What looks like work to others, but is actually fun to you?**
- 11. What areas/ activities/ categories do you keep coming back to?**
- 12. What topics do you enjoy listening, watching videos and/or reading books about?**
- 13. What are times in your life when you've felt completely aligned with what you're doing?**
- 14. What would others describe your strengths?**
- 15. What would you describe your strengths?**

Write down everything that comes to your mind. Test if they are true in reality. Repeat the reflection exercise again (once a month, every 3-6 months or once a year) in order to see which answers keep coming up.