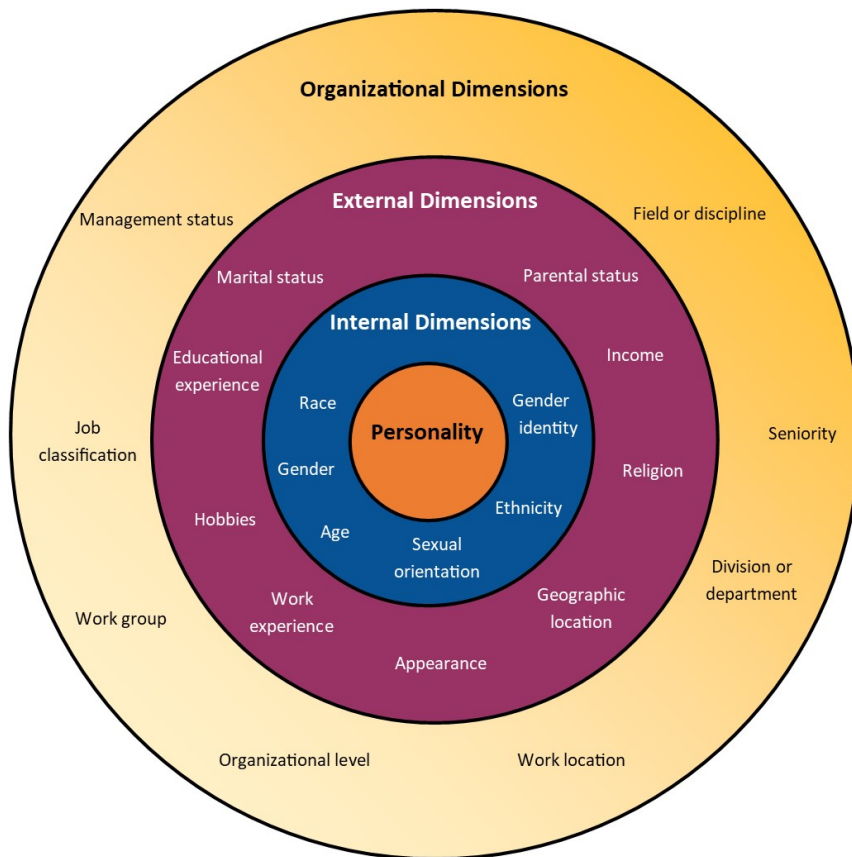


Strengths and Values Worksheet



1. What strengths have you developed as a result of your identities?

2. How have your identities influenced your values?

Image Credit: Adapted from Gardenswartz and Rowe, Diverse Teams at Work.

100 Strengths and Values

Accurate	Easy to manage	Methodical	Reliable
Accommodating	Easy to work with	Motivated	Reserved
Adaptable	Effective	Negotiator	Resourceful
Analytical	Efficient	Nurturing	Responsible
Ambitious	Energetic	Obliging	Self-starter
Astute	Enthusiastic	Observant	Self-confident
Assertive	Experienced	Open-minded	Self-sufficient
Bold	Expert	Optimistic	Sensible
Brave	Extroverted	Orderly	Skillful
Calm	Fast learner	Organized	Smart
Caring	Fair	Original	Stable
Cautious	Flexible	Patient	Steadfast
Clever	Hard-working	People-person	Strategic
Collaborative	Helpful	Persuasive	Stress manager
Communicator	Honest	Pleasant	Supportive
Constructive	Imaginative	Polite	Sympathetic
Controlled	Independent	Positive	Tactful
Cooperative	Intelligent	Practical	Team player
Courteous	Inventive	Pragmatic	Thorough
Creative	Kind	Predictable	Thoughtful
Decisive	Knowledgeable	Problem-solver	Trustworthy
Dedicated	Leadership	Productive	Understanding
Dependable	Likeable	Professional	Upbeat
Detail-oriented	Logical	Quick learner	Up-to-date
Determined	Loyal	Rational	Vigilant
Diplomatic	Manager	Reasonable	Well-informed
Dynamic	Mature	Relationship-builder	Wise

Source: "How to Answer: What's Your Greatest Strength?" by Susan P. Joyce, Job-Hunt.org.