



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Read the strengths table and circle the ones that you believe apply to you.
2. Feel free to add additional strengths in any of the categories.
3. Rank your top 5 strengths and discuss each one in the following tables.

Note: Remember that strengths are the things that strengthen you. They should naturally fill-in the blanks for you in these statements:

- *When I do _____, I feel energized and in my element.*
- *When I am _____, I feel energized and in my element.*
- *In the presence of _____, I feel energized and in my element.*

Make sure you don't confuse these concepts with their related skills. This is not about you being able to do something, but about how something makes you feel. If it makes you feel great, energized, and full of power, it is a strength.

Optional Online Strengths Tests:

- [CliftonStrengths 34](#)
- [VIA Strengths](#)



Wisdom & Knowledge	Courage	Humanity
Creativity	Bravery	Love
Curiosity	Perseverance	Kindness
Judgment	Integrity	Social intelligence
Perspective	Zest	
Innovation		
Justice	Temperance	Transcendence
Teamwork	Forgiveness	Appreciation of Beauty
Fairness	Humility	Gratitude
Leadership	Prudence	Hope
	Self-Control	Humor
		Spirituality



Top 10 Strengths

	Strength	How do you define it relative to your life?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Top 5 Strengths Details

Top Strength #1: _____

Why is this a strength for you?

How does this strength manifest for you?

Top Strength #2: _____

Why is this a strength for you?

How does this strength manifest for you?



Top 5 Strengths Details

Top Strength #3: _____

Why is this a strength for you?

How does this strength manifest for you?

Top Strength #4: _____

Why is this a strength for you?

How does this strength manifest for you?



Top 5 Strengths Details

Top Strength #5: _____

Why is this a strength for you?

How does this strength manifest for you?

What do these strengths say about you?