

IDENTIFY YOUR HIDDEN STRENGTHS



Strength identify tool

Fenny Madorp

Identify your hidden strengths

INSTRUCTIONS:

Strengths can be hidden underneath a seemingly irrelevant ability or skill. Let's identify some of them!

Answer the questions by writing down whatever pops into your mind.

Where something is not an obvious 'strength' ask yourself:

"What brings me joy?",

"How do I do that?",

"What skills must I have to be able to do/enjoy that?".

Write these answers where it says Possible Strengths:

What were your 3 favorite subjects in school?

1. _____
2. _____
3. _____

Possible Strengths:

What do you yearn to do?
Our yearnings point to possible talents or skills

1. _____
2. _____
3. _____

Possible Strengths:

What do you get complimented on most? Think broadly - this could be anything at all.

1. _____
2. _____
3. _____

Possible Strengths:

What do you like about yourself?
Often we like what we're good at.
Write whatever you think of!

1. _____
2. _____
3. _____

Possible Strengths:

What do you enjoy doing?
When do you lose your sense of time and get into a flow?

1. _____
2. _____
3. _____

Possible Strengths:

What activities or tasks energize you?
What leaves you energized - even when it's hard work?

1. _____
2. _____
3. _____

Possible Strengths:

What are you proud of?
Any achievement, difficulty overcome,
quality you have had.

1. _____
2. _____
3. _____

Possible Strengths:

What knowledge and life experience
makes you unique? Include things
from your childhood till now.

1. _____
2. _____
3. _____

Possible Strengths:

What are some unusual skills you
have? What do you do, that you don't
often see others doing?

1. _____
2. _____
3. _____

Possible Strengths:

What patterns and themes do you notice?

List the Top 5 Strengths you notice from above:

1. _____ 2. _____
3. _____ 4. _____
5. _____

Need help identifying your strengths?
SIGN UP for a complimentary coaching session today!

Fenny Nadorp



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I am

Fenny Nadorp

Leading Mental Health & Lifestyle Expert Life coach for the creative industry

My goal is to create awareness about the importance of (mental) health. Coaching you to take responsibility for your own happiness and (mental) health. Set clear goals, gain more focus. Break through limiting beliefs, extend and protect your boundaries.

I created my own methodology where I read between the lines and look straight into your soul. Guiding you through your journey. Combining expertise, training, intuition and clear knowing.

Go deep. Book results and create the life you desire.

Don't wait for opportunity to knock.
Start working toward the life you dream of.

Certified:

- Tony Robbins-Madanes Strategic Intervention Life Coach
- Coach for HSP/ HSS
- Weight loss (health) consultant
- Executive coach

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