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# What's STRONG with you?

40 STRENGTHS-BASED QUESTIONS





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# What is going well?

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# What are you good at?

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# What energizes you?

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# What is your greatest strength?

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# What comes easily for you?

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# When are you at your happiest?

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# What activities do you easily flow into?

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# What have you tried?

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# What has been helpful?

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# What do you celebrate about yourself?

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What do you  
find to be  
most  
rewarding in  
life?



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# What qualities do you bring to work?

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# What makes you different?

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# When are you in flow?

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# What achievements are you proud of?

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# What fascinates you?

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# What can you do for hours on end?

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If money was  
not a problem  
and you knew  
you could not  
fail, what  
would you  
love to do?



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# What brings out your best?

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# What are you most looking forward to?

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# What are your biggest assets?

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# What kind of environment brings out the best in you?

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Where do  
you use your  
strengths the  
most?

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Tell me about a  
really good  
day you've had  
recently. What  
made that  
such a good  
day?



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Which of your  
strengths do  
you feel you  
rely on most  
to feel  
accomplished?

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Who do you  
admire or  
want to be  
like?

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In what ways  
do you  
use your  
strengths to  
care for  
others?



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# Who/what inspires you? (Why?)

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Who do  
you like  
spending  
time with?  
(why?)

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# What helps you overcome obstacles?



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# How have you been able to develop your skills?

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# What experiences in life have kept you strong?

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# How are you able to meet your needs?

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# What resources/ assets do you have now?

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# How do you consistently show up in your relationships?

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In what ways  
do you use  
your  
strengths to  
navigate your  
feelings?

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# How have you impacted others?

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In what ways  
do you  
use your  
strengths to  
help others?

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What  
possibilities  
do you see in  
your horizon?



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