

## What Strengths Do Others See?

Once you have a list of character strengths, it can be helpful to get feedback from those closest to you.

Use the following worksheet to get different perspectives on your character strengths. Enter your top five character strengths at the top and give copies of the worksheet to different people. Be open to the feedback they provide.

Who is this being sent to: [ \_\_\_\_\_ ]

**Here are my top five character strengths:**


**Can you think of examples of when I have used any, or all, of the above strengths?**

Strength	Example/Situation

Strength	Example/Situation

Were there anything on the list you thought were particular top strengths of mine, and why?

Top strength	Why/Reasons?

Were there any items on the list you thought were unlikely strengths of mine, and why?

Unlikely strength	Why/Reasons?

Dr. Jeremy Sutton