YOUR STRENGTH ASSESSMENT:
KNOW YOUR STRENGTH AND GROW FASTER
Introduction

Constructive feedback and a critical eye are great, but many of us spend too much time beating ourselves up over our faults.

We need a paradigm shift.

To be successful, you must resist the urge to focus on deficits and start capitalizing on your strengths.

Performing a Personal SWOT Analysis is a great way to retrain the way you think about yourself:

- **S – Strengths.** List areas in which you excel. What types of work do you find most rewarding, and what training do you have? If you are not sure about this, the following Strength Assessment will help you.
- **W – Weaknesses.** What types of work do you dread doing? Are there things that you consistently avoid or put off until the last minute? Take note of training and skill deficiencies that you may have.
- **O – Opportunities.** Name specific ways that you can work to grow. Do you have access to professional help? Can you take courses or get training to make your strengths stand out and overcome your weaknesses?
- **T – Threats.** Insecurities, physical and mental health, and external forces such as cash flow can threaten your ability to focus and become the best version of yourself.

By identifying strengths, weaknesses, opportunities and threats, you'll get a clear picture of what "assets" to focus on when you try to improve yourself.

You do have to consider weaknesses, but in some cases, you might be able to delegate tasks that aren't your strong suit to other people. For example, our designer who is a whiz at design but awful with website engineering could learn the basic programming skills; but he could also outsource the engineering works to another person and focus solely on design.

And when you’re clear about your ultimate goal, weaknesses that interfere with your ability to achieve your goals will need to be tackled head-on.

After all, being successful is about prioritizing and working smart.

At Lifehack, we use the following Strength Assessment to help our team members to identify their biggest strength, which is the area they should capitalize on.
Direction

There are 4 sections in this assessment. To take the assessment, simply read each statement carefully and circle one of the five options for each statement indicating how well that statement describes you:

1. Statement does not describe you at all
2. Statement describes you very little
3. Statement describes you somewhat
4. Statement describes you pretty well
5. Statement describes you exactly

Remember to circle your best, most honest answer. When you’ve completed the test, refer to the scoring instructions for your personal assessment.

Strengths Assessment

Section I

1. I believe that I am responsible for my actions and who I am.  
   1 2 3 4 5

2. I always try not to waste time on things that don’t contribute to my desired results.  
   1 2 3 4 5

3. I can easily duplicate success from my previous work.  
   1 2 3 4 5

4. I have no problems following guidelines to ensure quality work.  
   1 2 3 4 5

5. I enjoy tackling challenges.  
   1 2 3 4 5
6. I have the ability to make what I imagine appear in front of others.  

7. I pride myself on efficient work.  

8. I always know my progress when trying to achieve a goal.  

9. I feel really good about completing a task/project.  

10. I can always finish work before the deadline.  

**Section II**  

1. I like to set goals in order to achieve what I want.  

2. I am not afraid to change if I know this is what I need to become better.  

3. I often think about the influence I have on others.  

4. Knowing directions is easy for me.
5. My ability to lead is recognized and complimented by others.

6. I enjoy complimenting others when they have done well.

7. I often think about the problems in my community, state, and/or world and what I can do to help rectify any of them.

8. I am good at delegating works to ensure an objective is achieved.

9. My friends or co-workers always come to me to seek help.

10. I often find myself being the cheerleader of others.

Section III

1. I talk a lot and enjoy telling stories.

2. I am quick to sense in others' dishonesty and their potential next move.

3. I like to be with all different types of people.
4. I respond to all people enthusiastically, free of bias or prejudice.  

5. I enjoy new or unique social situations.  

6. I like the excitement of personal and team competition.  

7. I feel like people of all ages like me.  

8. Socializing is very important to me.  

9. I enjoy meeting new people.  

10. I like listening and learning about other people's stories.  

Section IV

1. I often develop equations to describe relationships and/or to explain my observations.  

2. I love to read and do so daily.
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<thead>
<tr>
<th></th>
<th>Strengths Assessment</th>
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<tbody>
<tr>
<td>3.</td>
<td>I often see mathematical ratios in the world around me.</td>
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<tr>
<td>4.</td>
<td>Using numbers and numerical symbols is easy for me.</td>
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<tr>
<td>5.</td>
<td>I gather different perspectives before making a decision.</td>
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<tr>
<td>6.</td>
<td>I believe that everything has its cause and effect.</td>
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<tr>
<td>7.</td>
<td>I seem to understand things around me through a mathematical or scientific sense.</td>
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<tr>
<td>8.</td>
<td>I enjoy doing puzzles and solving problems.</td>
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<tr>
<td>9.</td>
<td>Seeing things in different dimensions is easy for me.</td>
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<tr>
<td>10.</td>
<td>I enjoy being alone and thinking about my life and myself.</td>
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Scoring Instructions

Each section from the above assessment is reflecting the areas of strengths:

- Section I - Execution
- Section II - Influencing and Leading
- Section III - Relationship Building
- Section IV - Strategic and Analytical Thinking

Now calculate the score for each section:

<table>
<thead>
<tr>
<th>Section</th>
<th>Total Score</th>
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<tbody>
<tr>
<td>I - Execution</td>
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<td>II - Influencing and Leading</td>
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<tr>
<td>III - Relationship Building</td>
<td></td>
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<td>IV - Strategic and Analytical Thinking</td>
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The section with the highest score is your best strength.

You can also find out the order of your strengths. If you have sections which score the same, that means your strengths lie in both areas!
Key: What Each Strength Means

Section I - Execution
You are the hardest working of the bunch. You tend to get things done, with speed, precision, and accuracy. You put in the hard work now, so that when it’s time to move, you are ready.

Section II - Influencing and Leading
You are good at selling the big ideas. You are able to take charge, speak up and be heard. You are extremely helpful when you need to reach a broader audience, or meet a bigger goal. This can happen both internally with the team, or to external constituents. You tend to influence forward.

Section III - Relationship Building
You have an innate ability to take the human component into the equation. You look at how individuals fit into the bigger pictures. You make strong relational connections that bind a group together around a cause, idea or each other.

Section IV - Strategic and Analytical Thinking
When a plan needs to be made, or a new idea created for solving a problem, you can help accomplish that. Whether it’s thinking into a current problem, or dreaming about how to overcome tomorrow’s, you can look for the best way to move forward on it.
How to Utilize Your Strengths

Now that you're clearer about your strengths, you should utilize them to do what you want to achieve.

What's your dream? What makes you feel more fulfilled? Brainstorm your ideas in the following space:

If you aren't sure what you truly want most yet, check out this guide to help you:

How to Get Motivated and Be Happy Every Day When You Wake Up
What's Next? Level up Your Strengths!

Knowing your strengths is only the first step towards living the life you dream of. The next step is to maximize your strengths so they become your true assets!

Here at Lifehack, we teach the 7 Cornerstone Skills that give you the power to transform your life by leveling up your strengths.

These 7 Cornerstone Skills are:

*Creativity, Learning, Memory, Focus, Motivation, Habits and Time.*

Cornerstone Skills will make you stronger one step at a time. They don't force you to have sudden change or take big risks. Learning the Cornerstone Skills is about taking baby steps and gradually fitting these steps into your everyday routine.

Since each of the Cornerstone Skills are interconnected, they work together to create permanent solutions to big problems in life -- any problem in any area of your life!

As you're learning these Cornerstone Skills, you're mastering more bits of your life and so, you'll only find things getting easier.

If you want to find out more about the 7 Cornerstone Skills, check out this article:

*There Is More to Life Than ____________*

If you'd like to take up the Cornerstone Skills, check out our Masterclass here:

*The Ultimate Lifehack Transformation*

You can also shoot us an email at feedback@lifehack.org if you want to share your strengths and get feedback from us. Of course, you can also ask use any questions about the Cornerstone Skills!