



Hidden Strengths and Interests – Military Focused

INSTRUCTIONS:

Answer the questions in the sticky notes below and write down whatever pops into your mind.

- Consider anything you have done in the past or present or even things that OTHER people have told you that you do well. Then ask yourself what strength would it take to accomplish this? Write these answers where it says Possible Strengths and Possible Interests

EX:

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

1. _Clothes
2. _Making People Feel Safe_
3. _Getting things done

Possible Strengths:

- Interpersonal Skills
- Decision-Making

If time and money were of no concern what three things might you try in the next year that when you think of them you feel a deep desire to do?

1. _____
2. _____
3. _____

Possible Interests:

Name three things you did in the past year that you had never tried before – yet after doing do realize you enjoyed the tasks.

1. _____
2. _____
3. _____

Possible Interests &/or Strengths:

Consider a mission you were on when you did something unexpected that helped your “team/unit” overcome a great challenge. Describe this situation briefly.

Possible Strengths:

What energizes you? *What things – inspire you or what do you think of that keep you going - even when it's hard work?*

1. _____
2. _____
3. _____

Possible Strengths:

If you could make a positive impact on someone or a group of people – what might this impact be? (Another way to look at this – what result would like to see come from your efforts?)

Possible Strengths &/or Interests:

What are some skills you learned from your time in the service you would want to STILL use after you separate?

Possible Strengths:

Are there any patterns you notice or does something really “stick” with you once you review your results?