

PART A: Who are you?

Choose 3 words that others would use to describe you that are relevant to your career.

1 _____ **2** _____ **3** _____

Core Values Identification

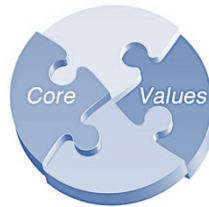
Your values represent who you are and what is most important to you. Getting clarity in this area will help you confidently talk about yourself and provide you with direction. Read through the list and underline the values that are important to you.

Acceptance
Achievement
Adventure
Authenticity
Autonomy
Balance
Challenge
Change
Collaboration
Commitment
Compassion
Contribution
Creativity

Dependability
Determination
Family
Fun
Growth
Honesty
Health
Integrity
Kindness
Knowledge
Leadership
Mastery
Mindfulness

Optimism
Passion
Peace
Power
Relaxation
Resilience
Risk
Spirituality
Stability
Tradition
Trust
Wealth
Other: _____
Other: _____

Go back through the list and select your top three.



• _____
• _____
• _____

What do these values mean to you? Define them in your own words. How do they inform who you are as a person and the choices you make in terms of the type of job you want?

PART B: Your strengths

What would your teammates or colleagues say are your top strengths?

Select your top 3 workplace strengths- a combination of hard and soft skills.

1 _____ **2** _____ **3** _____

Distill & Validate your Strengths

When communicating about your strengths in cover letters, networking or interviews, you need to be able to prove that you are competent in the area. This section will help you articulate your specific skills. For your top 3 strengths answer the following...

A) When you say you excel in this strength, what do you really mean? Be specific! Present ideas and examples that are personal to you. Use this language to communicate your strengths.

B) Tell a story that demonstrates this strength. You need evidence to support your brand.

1

Strength

A) _____

B) _____

PART B: Your strengths

A) When you say you excel in this strength, what do you really mean? Be specific! Present ideas and examples that are personal to you. Use this language to communicate your strengths.

B) Tell a story that demonstrates this strength. You need evidence to support your brand.

2

Strength

A)

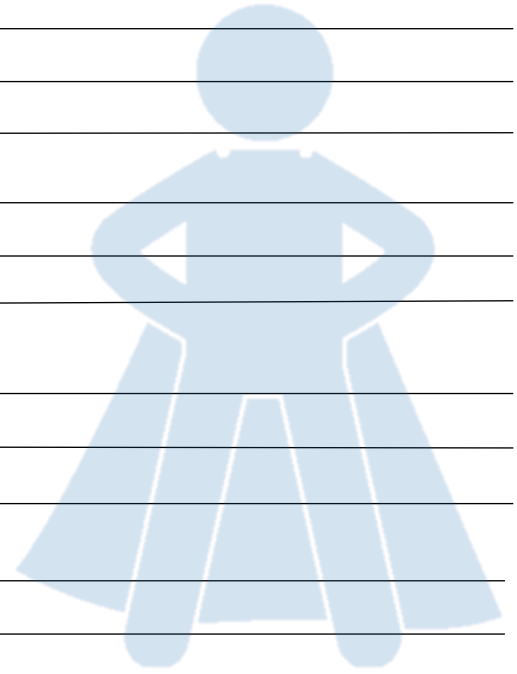
B)

3

Strength

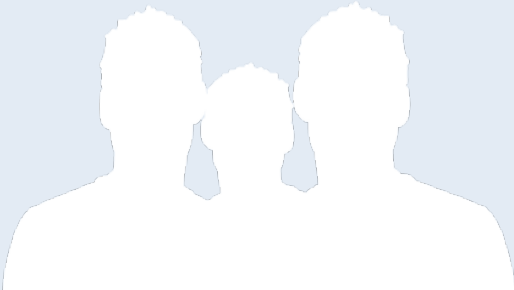
A)

B)

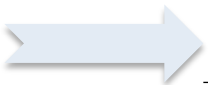


PART C: Make it Stick

What differentiates you from your colleagues? What story, image or analogy captures who you are and what you are capable of?



What is your proudest accomplishment (academic, personal or professional)?



How did your strengths allow you to succeed?

- _____

- _____

- _____

