

Personal Strengths Assessment Questionnaire

Instructions: Rate each statement on a scale of 1-5, where:

- 1 = Never/Strongly Disagree
 - 2 = Rarely/Disagree
 - 3 = Sometimes/Neutral
 - 4 = Often/Agree
 - 5 = Always/Strongly Agree
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1. ADAPTABILITY

Core Focus: Living in the moment and responding flexibly to change

- ☐ I prefer to go with the flow rather than stick rigidly to predetermined plans
- ☐ I see change as an opportunity rather than a threat
- ☐ I can easily shift my approach when circumstances change unexpectedly
- ☐ I'm comfortable making decisions without having all the information
- ☐ I thrive in dynamic environments where demands change frequently
- ☐ I can stay productive even when pulled in multiple directions at once
- ☐ I view my future as something I create through daily choices rather than a fixed destination
- ☐ I'm willing to abandon original plans if better opportunities arise
- ☐ I remain calm and flexible when sudden requests or detours occur
- ☐ I believe that being adaptable is more valuable than being predictable

Adaptability Score: ____/50

2. ANALYTICAL

Core Focus: Logical thinking and objective analysis

- ☐ I need to understand the "why" behind claims and statements
- ☐ I prefer facts and data over opinions and assumptions
- ☐ I naturally search for patterns and connections in information
- ☐ I question theories until they're proven with solid evidence
- ☐ I can remain objective and dispassionate when analyzing situations
- ☐ I enjoy digging deeper to find root causes rather than accepting surface explanations
- ☐ Others see me as logical and rigorous in my thinking
- ☐ I'm comfortable challenging popular ideas if the data doesn't support them
- ☐ I take time to think through problems systematically before reaching conclusions
- ☐ I can separate emotional reactions from factual analysis

Analytical Score: ____/50

3. EMPATHY

Core Focus: Understanding and connecting with others' emotions

- ☐ I can easily sense what others are feeling, even when they don't express it
- ☐ I naturally see situations from other people's perspectives
- ☐ I'm drawn to help people express their emotions and feelings
- ☐ I can find the right words and tone to match someone's emotional state
- ☐ I understand people's motivations and predicaments without judgment
- ☐ Others often come to me when they need emotional support
- ☐ I can anticipate what people need emotionally before they ask
- ☐ I'm able to help people give voice to their emotional experiences
- ☐ I feel a strong connection to humanity's joys, struggles, and emotions
- ☐ I bring emotional intelligence to situations that lack it

Empathy Score: ____/50

4. COMPETITION

Core Focus: Measuring performance against others and striving to win

- ☐ I'm constantly aware of how my performance compares to others
- ☐ I feel motivated when I know I'm competing against worthy opponents
- ☐ I love contests and situations where there's a clear winner
- ☐ I use measurement and comparison to push myself to improve
- ☐ I feel energized by the challenge of outperforming my peers
- ☐ I prefer competitive environments over collaborative ones
- ☐ Winning is important to me - I don't compete just for fun
- ☐ I avoid situations where I'm unlikely to win or excel
- ☐ I'm gracious to fellow competitors but still aim to beat them
- ☐ I aspire to be the best in whatever I pursue

Competition Score: ____/50

5. INPUT

Core Focus: Collecting and storing information, resources, and experiences

- ☐ I naturally collect information, facts, books, and interesting objects
- ☐ I'm always acquiring new knowledge because I find so many things interesting
- ☐ I enjoy traveling to new places to gather novel experiences and artifacts

- ☐ I have difficulty throwing things away because they might be useful someday
- ☐ I keep acquiring and compiling resources even when I'm not sure why
- ☐ I prefer to have more information rather than less when making decisions
- ☐ I enjoy storing interesting things for potential future use
- ☐ I'm always reading, learning, or absorbing new information
- ☐ I like having space to store the resources I naturally acquire
- ☐ Others see me as someone who brings valuable tools and information to facilitate growth

Input Score: ____/50

SCORING SUMMARY

Your Scores:

- Adaptability: ____/50
- Analytical: ____/50
- Empathy: ____/50
- Competition: ____/50
- Input: ____/50

Interpretation:

- **40-50:** This is likely a dominant strength for you
- **30-39:** This is a moderate strength
- **20-29:** This is present but not a primary strength
- **10-19:** This is a lesser strength area
- **Below 10:** This is likely not a natural strength for you

Your Top 3 Strengths (highest scores):

1. _____
2. _____
3. _____