**Strengths Reflection Tool**

Write down a goal you want to achieve, a skill you want to develop, or a challenge you want to resolve.

Choose something that is related to your current role at work. Then fill in your Top 5 Clifton Strengths in the left column.

Next to each strength, identify one or more ways that strength can help you with that goal/skill/challenge and one or more ways it can get in your way.

**GOAL / SKILL / CHALLENGE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **TOP 5 STRENGTHS** | **HOW IT CAN HELP** | **HOW IT CAN GET IN THE WAY** |
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