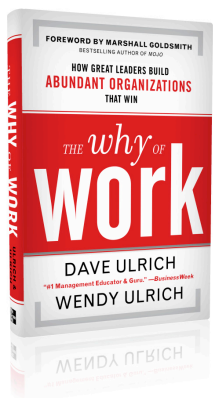


*THE why OF*  
**work**  
*by* DAVE & WENDY ULRICH



# TOOL 3.3



## *Personal Awareness Exercise*

The RBL Group | 3521 N. University Ave, Ste. 100 · Provo, UT 84604 | 801.616.5600 | [www.thewhyofwork.com](http://www.thewhyofwork.com)

# [3.3] PERSONAL AWARENESS EXERCISE

## IDENTIFYING AND USING YOUR SIGNATURE STRENGTHS AT WORK

1. From the list below select and circle 2-3 signature strengths.

Accepting	Concerned	Fast	Loving	Religious
Accountable	Confident	Flexible	Loyal	Respectful
Action-oriented	Confrontive	Friendly	Nurturing	Responsible
Adaptable	Conscientious	Fun-loving	Optimistic	Responsive
Agile	Considerate	Good listener	Organized	Results-oriented
Agreeable	Consistent	Happy	Outgoing	Satisfied
Analytical	Creative	Helpful	Passionate	Savvy
Approachable	Curious	Honest	Patient	Self-confident
Assertive	Decisive	Hopeful	Peaceful	Selfless
Attentive	Dedicated	Humble	Pensive	Sensitive
Benevolent	Deliberate	Independent	Persistent	Service-oriented
Bold	Dependable	Innovative	Personal	Sincere
Bright	Determined	Insightful	Playful	Sociable
Calm	Diplomatic	Inspired	Pleasant	Straightforward
Carefree	Disciplined	Integrative	Polite	Thoughtful
Caring	Driven	Intelligent	Positive	Thorough
Charismatic	Easy-going	Intimate	Pragmatic	Tireless
Clever	Efficient	Inventive	Prepared	Tolerant
Collaborative	Emotional	Kind	Proactive	Trusting
Committed	Energetic	Knowledgeable	Productive	Trustworthy
Compassionate	Enthusiastic	Lively	Quality-oriented	Unyielding
Competent	Even-tempered	Logical	Reality-based	Values-driven

2. For each signature strength circled above, identify where you use it at work?

---

---

---

3. Overall, how could you use these signature strengths to better deliver on your work experience?

---

---

4. How could these strengths better deliver value to those inside and/or outside the company (build on your strengths to strengthen others)? In other words, how can you use your signature strengths to improve how you deliver value to those you work with?

---

---

---

---

---

# Contact us for more information about The RBL Group products and services:

*Phone* 801.616.5600  
*Email* sales@rbl.net  
*Online* www.rbl.net  
*Mail* 3521 N. University Ave., Suite 100  
Provo, UT 84604



*Copyright © 2010 The RBL Group*

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or using any information storage or retrieval system, for any purpose without the express written permission of the RBL Group.