

Play Two Win Method™ Play Sheet

Name Your Strengths

There are several ways to find your strengths:

- 1) Self reflection of your major success in life
- 2) An assessment program
- 3) Ask others who have participated with you over time what THEY think your strengths are.

1) Self-reflection.

- a) Review this list of “signature strengths” from the Gallup Book Strength Finder 2.0

Achiever Activator Adaptability Analytical Arranger Belief Command

Communication Competition Connectedness Consistency Context

Deliberative Developer Discipline Developer Empathy Focus Futuristic

Harmony Futuristic Ideation Ideation Incluser Individualization Input

Intellection Learner Maximizer Positivity Relator Responsibility Restorative

Self-Assurance Significance Strategic Relator Responsibility Restorative Woo

- b) Next briefly describe three major wins / accomplishments from your life. It is best if you can choose events from different “decades” if possible. Describe each one in a sentence or two and then select 3-5 strengths from the list that you used to create that victory.

Win #1:

3-5 strengths

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Win #2:

3-5 strengths

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Win #3:

3-5 strengths

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Choose 5 strengths most evident in these wins:

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2) Assessment Program

It is a fun and inexpensive exercise to get a copy of Strengths Finder 2.0 and do the online strengths assessment. If you do it, enter your 5 strengths here:

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3) Ask Others

- a) Contact three people with whom you have actively participated toward an objective. (eg. Colleagues, Team mates, Business Partners)
- b) Ask them to describe what your strengths are.
- c) Either during the conversation or after, translate what they said into 3-5 of the Strengths

Conversation #1:

3-5 strengths

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Conversation #2:

3-5 strengths

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Conversation #3:

3-5 strengths

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Choose 5 strengths most evident in these conversations:

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Conclusion

What is your view of your strengths after completing this exercise:

Your Five Strengths are:

1)

2)

3)

4)

5
