Strengths & Attributes Worksheet

1. Highlight which are most needed for your current project or activity. *(outline boxes)*
2. Of those, which ones can you personally address well? *(check off)*
3. Of the marked boxes remaining, which ones are well held by key teammates/allies? *(write names)*
4. Which are gaps that must be addressed? *(mark with circle)*

Use the blanks to add any that are missing.

logistics	time management	listening	follow-through	researching	discipline	articulation
curiosity	caring	directing	making it fun		translation	visualization
organizing		big picture thinking	asking for help	facilitation	delegation	serving
responsibility	technician	mentorship	transparency/ openness	action, doing	humor	feeling energy
knowing who to ask	promotion	project management	wisdom	woo (spirit)		enrolling & inviting
	budgeting	positive attitude	coordination	chunking a big task into steps	goal-setting & purpose focus	cheerleading
analytical thinking	strategizing	diplomacy	numbers juggling	decisiveness	planning	intuition

Worksheet by Kavana Tree Bressen & Stuart Ramsing