



## ENLIGHTEN EXERCISE #59

### My Skills Analyzer

Identifying skills you are both good at doing and interested in deploying are often referred to as your “signature strengths.” Follow the instructions below to identify your own signature strength skills.

1. List the skills you have in the four quadrants below based on a self-assessment of your proficiency or ability and your level of interest in deploying this skill.
2. Analyze each quadrant and create an action plan for leveraging and deploying those skills you placed in the quadrant associated with “Like Doing and Good at Doing.” Research suggests that individuals who express such “signature strengths” are both more productive and report a higher level of well-being (Seligman, et al., 2005)

<b>Like Doing and Not Good At</b>	<b>Like Doing and Good At</b>
<b>Dislike Doing and Not Good At</b>	<b>Dislike Doing and Good At</b>

**Like Doing and Not Good At:** These are skills that energize you and provide a sense of fulfillment but your level of proficiency might not be strong relative to others

**Like Doing and Good At:** These are skills you have mastered and energize you providing a sense of fulfillment

**Dislike Doing and Not Good At:** These are skills have little passion for and deploying them might make you frustrated, stressed and inadequate

**Dislike Doing and Good At:** These are skills have little passion for but you have developed competence through repetition and inherent ability. Deployment will not foster much satisfaction, joy or fulfillment