



ENLIGHTEN EXERCISE #35

My Strengths, Challenges and Allergies

The following nine questions will help you to understand yourself more completely.

My Signature Strengths:

What are the things others value in me?

What do I take for granted in myself (i.e., dismiss as nothing special)?

What do I expect from others?

My Signature Challenges:

What are the things others I wish I would do more, less, or differently?

What are the things I admire most in others?

What are the things I would like to develop further?

My Allergies:

What are the things in others I can't stand?

What are things that in dealing with others I shouldn't get so worked up about?