



## ENLIGHTEN EXERCISE #32

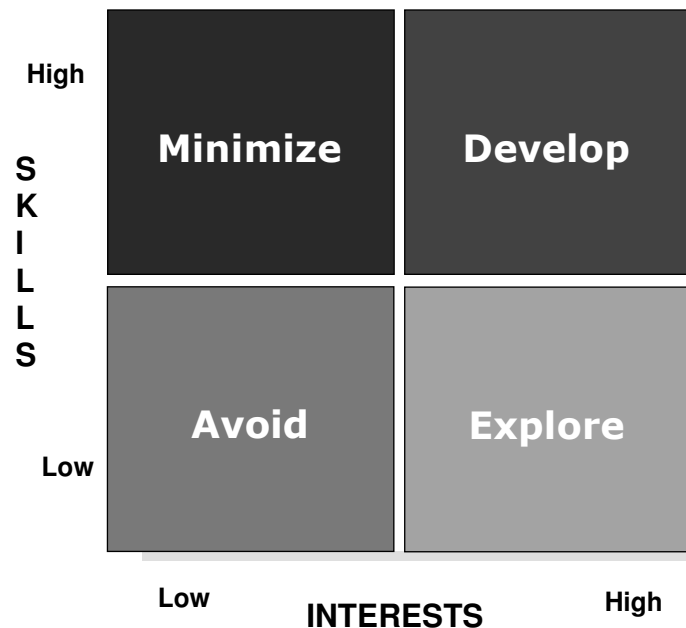
### Identifying Your Signature Strengths

**Low interest/low skills:** These are competencies, skills, and abilities that you rate low. They don't necessarily excite you to utilize them. The goal is to **avoid** tasks, activities, and responsibilities on the job that require use of these skills.

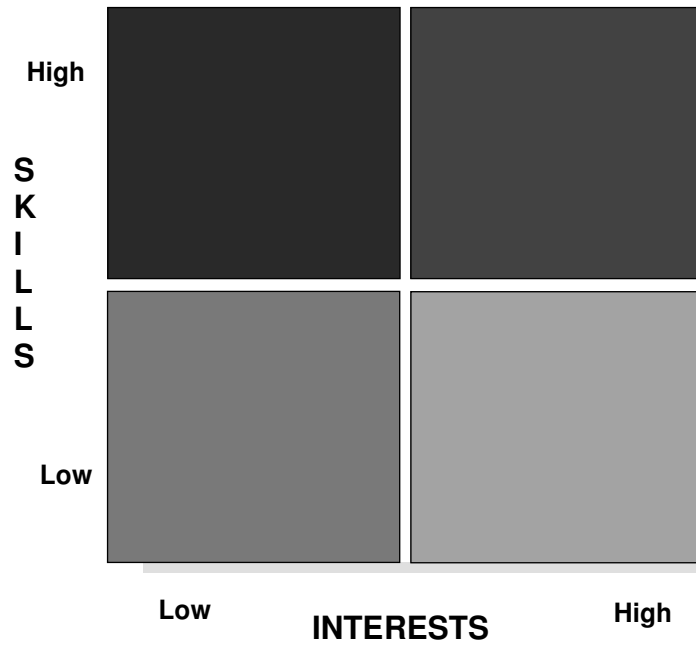
**High interest/low skills:** These are competencies, skills, and abilities that you rate low, but you enjoy using. The goal is to **explore** using these more in hobbies and leisure activities, as they are passions of yours.

**Low interest/high skills:** These are competencies, skills, and abilities that you rate highly but aren't very interested in applying. The goal is to **minimize** tasks, activities, and responsibilities on the job that require use of these skills.

**High interest/high skills:** These are competencies, skills, and abilities that are your signature strengths. The goal is to **develop** and cultivate opportunities to express these skills as much as possible.



What are your signature strengths? Write down your skills, abilities, and competencies that correspond to each of the four quadrants below. What patterns do you see?



**Low interest/low skills:**

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**High interest/low skills:**

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**Low interest/high skills:**

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**High interest/high skills:**

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