

Name \_\_\_\_\_

## Unleash Your Superpowers: Identifying Your Strengths and Weaknesses

### Multiple Choice Questions

1. How can your passions help you identify your strengths?
  - a) Passions have nothing to do with strengths.
  - b) Your passions often align with your strengths because you excel in what you enjoy.
  - c) Passions are unrelated to your abilities.
  - d) Passions indicate your weaknesses.
  
2. What can achievements tell you about your strengths?
  - a) Achievements have no connection to your strengths.
  - b) Your strengths are unrelated to your accomplishments.
  - c) Your past achievements can be indicators of your strengths.
  - d) Achievements only reveal your weaknesses.
  
3. How can setting goals and challenges help you identify your weaknesses?
  - a) Goals and challenges don't have any impact on identifying weaknesses.
  - b) Setting goals and taking on challenges can highlight areas where you struggle or need improvement.
  - c) Goals and challenges reveal your strengths, not weaknesses.
  - d) Goals and challenges make you ignore your weaknesses.
  
4. Why is seeking help and guidance important when identifying weaknesses?
  - a) Seeking help and guidance is unnecessary; you should figure out weaknesses on your own.
  - b) Seeking help and guidance is a sign of weakness.
  - c) Seeking help from experts can provide valuable insights into areas where you struggle.
  - d) Seeking help is only necessary for identifying strengths.
  
5. What is the benefit of understanding both your strengths and weaknesses?
  - a) It doesn't offer any benefits; strengths and weaknesses are irrelevant.
  - b) Understanding strengths helps, but weaknesses are not important.
  - c) Understanding both allows you to set realistic goals, make informed decisions, and appreciate your uniqueness.
  - d) Understanding strengths is enough; weaknesses should be ignored.

