

Name _____

Unleash Your Superpowers: Identifying Your Strengths and Weaknesses

Open-Ended Response Questions

1. Think about a time when you received feedback from someone that helped you identify a strength you weren't aware of. Describe the situation and how it impacted your self-awareness.
2. Reflect on a specific weakness you've identified recently. What steps have you taken or plan to take to address and improve this weakness? How do you feel about this process?
3. Imagine you have a friend who is struggling to identify their strengths and weaknesses. What advice would you give them, based on what you've learned about the process of self-discovery?
4. Discuss a situation where you successfully leveraged one of your strengths to overcome a weakness or challenge. How did your strength help you in that situation, and what was the outcome?

