JOBLINKS · JOBSTORY PODCAST

EPISODE 01 · WORKSHEET

Identify your strengths

...when you don't know yourself yet. Three guided exercises to reveal what you can't see yet.

15–20 minutes

How to use this worksheet

1. Listen to Episode 01 of JobStory — it walks you through the exercises.
2. Print this sheet, or open it on your tablet or phone.
3. Take 15–20 quiet minutes. No filter, no judgement.
4. Come back to it in a week — how you see yourself changes fast.

“ If you don't know yourself yet,
you're not behind.
You're normal. ”

By the end of this worksheet, you'll have **3 words that describe your strengths** — in black and white.

1 The moment time flew by

5 MIN · SPOT YOUR FLOW ZONES

Think back to the moments, over the last few months, when you lost track of time. The ones where you look up and think: “Wait— have I really been at this for two hours?!”

Write down 3 of those moments. No filter. Really.

A TikTok edit · tidying up · a video game · a conversation · sport · volunteering... it all counts.

01 .....

02 .....

03 .....

✦ **What do these 3 moments have in common?** Creating? Helping? Organizing? Convincing? Solving? Moving? Find the common thread.

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2 The compliment you often get

5 MIN · REVEAL YOUR INVISIBLE STRENGTHS

Which compliments keep coming back in your life? Regularly. From your friends, your family, your teachers, your co-workers.

“You're so patient” · “You always have the right ideas” · “Nothing seems to stress you out” · “You explain things really well”

A. Write down 3 compliments you often receive

01 .....

02 .....

03 .....

! Watch out for the trap ! What YOU find easy is exactly what's hard for someone else. Don't brush any compliment aside.

B. Turn each compliment into ONE strength-word

e.g. “you're a good listener” → empathy · “you're always early” → reliability

COMPLIMENT RECEIVED	STRENGTH-WORD

3 What you do when no one asks

5 MIN · FIND YOUR INTRINSIC MOTIVATION

When you have free time and no one is directing you, what do you naturally gravitate to? Not scrolling — that's just tiredness. I mean the moments when you **actively choose** to do something.

You give your friends advice · you take things apart to understand them · you redecorate often · you read about niche topics · you organize the group's outings · you cook for the fun of it.

01 .....

02 .....

03 .....

✦ What you do without being paid, without being asked, without being praised — that's gold.

YOUR 3 STRENGTH-WORDS

Go back over your 3 lists. Look for the **overlaps** — what shows up in more than one list. Choose 3 words that sum you up. Not ten. Not one. Three.

#1	#2	#3
your strength-word	your strength-word	your strength-word

These three words are your starting point. Not your destination.

✦ THE CHALLENGE OF THE WEEK

Send your 3 strength-words to 3 people who know you well. Ask them: “Do you see this in me?”

You'll be surprised. Sometimes they'll confirm, sometimes they'll add one.

You've just written in 20 minutes what most people don't write in 6 months.
Well done. See you next time, on JobStory.