RECOVERY LIFE RESOURCES · BONUS TOOL · PILLAR 1

My Strengths & Talents Profile

Pull your results together into one clear picture of what you are built for. Fill it in with your coach, over a few sessions.

1 My top character strengths

Free survey: viacharacter.org

From the Character Strengths Reflection (the free VIA survey). Write your top 5, with the one you lean on most first.

2 What I am drawn to (O*NET Interest Profiler)

Interests point to the kind of work and activity that gives you energy. The O*NET Interest Profiler is a free tool from the U.S. Department of Labor. Answer its questions, then copy your scores for the six interest areas below. Your top three areas are the ones to explore.

onetinterestprofiler.org

SCAN TO START

Realistic hands-on, practical, building	**Investigative** figuring out, analyzing	**Artistic** creating, expressing
Social helping, teaching	**Enterprising** leading, persuading	**Conventional** organizing, detail

My top 3 interest areas:

3 What I value most

Use your Values Clarification card sort if you have done one. Otherwise, write the three values that matter most to you right now.

4 Moments I felt most capable

Three times you felt proud or at your best, at any point in life. What were you doing, and which strength showed up?

5 What people who know me say

Ask three people you trust: “What do you see me being good at?” Write their names and what they said.

WHO	WHAT THEY SAY

6 Strengths I built in recovery

Recovery itself builds strengths. Name the ones you have gained here; the worksheet Strengths I Built in Recovery goes deeper.

Putting it together

Together, my strengths, interests and values point toward…

One way I will use a strength this week:

I will bring this to my Wellness & Recovery Roadmap on:

Revisit and re-score every 90 days.

A starting point for reflection, not a diagnosis, clinical assessment or career counseling. Strengths and interests can grow and change. Results are ideas to test in real life. O*NET is a trademark of the U.S. Department of Labor. In a crisis call or text 988. SAMHSA Helpline 1-800-662-4357.

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