

Strengths and Weaknesses

We all have things we are good at and bad at. It is important to be aware of both, so that we can use our strengths and work on our weaknesses. If you're bad at math, you need to know how to use a calculator. If you tend to be late, you need a watch. Think of each situation. Think of your strengths in that situation and your weaknesses. Remember, sometimes a weakness in one area is strength in another. Being talkative can be bad in school but good in business.

Strengths

Weaknesses

At Work and School:

A central line drawing of a human figure stands between two large trapezoidal boxes. The box on the left is wider at the top and tapers towards the bottom, corresponding to the 'Strengths' column. The box on the right is wider at the bottom and tapers towards the top, corresponding to the 'Weaknesses' column.

At Home and with Family:

A central line drawing of a human figure stands between two large trapezoidal boxes. The box on the left is wider at the top and tapers towards the bottom, corresponding to the 'Strengths' column. The box on the right is wider at the bottom and tapers towards the top, corresponding to the 'Weaknesses' column.

With friends and in Relationships:

A central line drawing of a human figure stands between two large trapezoidal boxes. The box on the left is wider at the top and tapers towards the bottom, corresponding to the 'Strengths' column. The box on the right is wider at the bottom and tapers towards the top, corresponding to the 'Weaknesses' column.

Strengths and Weaknesses Contemplation Questions

1. Take a moment and really think: what are some weaknesses you mentioned that, in other situations, might be strengths? For example, you are stubborn, which can cause fights at home. But being stubborn is very useful in situations that require you to stick with what you believe. Gandhi and Mother Theresa were stubborn. Discuss at least two “good” weaknesses below.
2. How might your weaknesses be helpful in a specific career? (example: being talkative and friendly can get you into trouble at school, but is a great quality in the business/sales world.) Come up with two more ideas below.
3. One of the most common job interview questions is this: name your biggest strength and your biggest weakness. Think about how you would answer this questions after completing this activity. (Hint, use a weakness that is also a strength.)