



BetterBalance Coaching Coaching Tool Kit

Abilities, Virtues and Strengths



Jeff Gill I.C.F. Professional Certified Coach



Your Unique Abilities

Create a list of your unique qualities, talents and gifts. These are the personal resources you bring to any endeavour you might undertake. Think of every context, home, work and play. Are you friendly? optimistic? Do you facilitate well? Are you tidy? methodical? Do you have big visions? Start writing a list and keep at it until you reach the bottom of the page.

Now look over the list of words on the next page. Circle the key (about six) words that you could use to describe yourself and cross out the words that you do not think of as aspects of you. **Which words do you really wish you could circle but can't yet?**



Able to choose
Accountable
Acknowledges
Adapts well
Alert
Anticipates wants and needs
Appropriate
Asks for what s/he needs
Assertive
Astute
Attentive to details
Authentic
Aware
Begins things
Boundaries clear
Builder
Calm
Candid
Capable
Certain
Clear
Committed
Communicates effectively
Compassionate
Conscious
Consistent
Contributes
Cooperates
Courageous
Creative
Curious
Diplomatic
Disciplined
Dynamic
Easy-going
Effective
Emotionally stable
Empathetic
Empowers
Energetic
Engaging
Enthusiastic
Ethical
Excited
Expressive
Facilitates
Faithful
Financially independent
Firm
Flexible
Generative
Generous
Happy
Healthy
Honest

Honourable
Independent

Initiates
Innovative
Inquiring
Inspiring to others
Integrates
Intelligent
Intentional
Interested
Intimate
Joyful
Knowledgeable
Leader
Learns naturally
Listens
Loyal
Magical
Manager
Manages time
Network-builder
Open minded
Optimistic
Orderly
Organized
Patient
Peaceful
Perfect
Planner
Playful
Poised
Polite
Powerful
Practical
Presents self well
Proactive
Problem-solver
Productive
Punctual
Re-creates
Refines
Reliable
Resourceful
Responsible
Satisfied
Seasoned
Self-confident
Self-generating
Self-reliant
Sense of humour

Sensual
Serves
Sincere
Skilful
Spiritual
Spontaneous
Stable
Steps over nothing
Strong
Supportive
Tactful
Talented
Tidy
Timely
Trainable
Trusting
Truthful
Validates
Versatile
Visionary
Vital
Willing
Wise



If you want to take this one stage further you could explore the virtues and strengths from Dr. Martin Seligman’s work. There is a questionnaire (VIA survey of 24 character strengths) on his web site that enables you to identify your five signature virtues/strengths. This can be helpful when considering career choices amongst other things. The suggestion is that if you consistently play to your signature strengths that this helps to create a life of greater engagement and wellbeing. There are five signature strengths that are particularly useful to cultivate to further enhance wellbeing:

Gratitude Hope(optimism) Zest(vitality) Curiosity and Love

Dr. Martin Seligman. Authentic Happiness

Go onto the link below to take the test to identify your signature strengths.

<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

