

# Strength Test

Look for **SIGNS** of a Strength

On a scale of 1-5, 1=**strongly disagree** and 5=**strongly agree**, write down your responses to the following statements:

**S**

= SUCCESS

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. I have been tremendously successful at this type of activity.            | 1 | 2 | 3 | 4 | 5 |
| 2. Other people often tell me I have a gift for this type of activity.      | 1 | 2 | 3 | 4 | 5 |
| 3. I have been given prizes or recognition for doing this type of activity. | 1 | 2 | 3 | 4 | 5 |

**I**

= INSTINCT

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 4. I do this type of activity every day.                       | 1 | 2 | 3 | 4 | 5 |
| 5. I often find myself volunteering for this type of activity. | 1 | 2 | 3 | 4 | 5 |
| 6. This type of activity is a "gut reaction" to me.            | 1 | 2 | 3 | 4 | 5 |

**G**

= GROWTH

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 7. I pick up this type of activity quickly.                      | 1 | 2 | 3 | 4 | 5 |
| 8. I find myself thinking about this type of activity every day. | 1 | 2 | 3 | 4 | 5 |
| 9. I can't wait to learn new techniques for doing this activity. | 1 | 2 | 3 | 4 | 5 |

**N**

= NEEDS

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 10. I always look forward to doing this type of activity.                     | 1 | 2 | 3 | 4 | 5 |
| 11. It's fun for me to think back to when I was doing this type of activity.  | 1 | 2 | 3 | 4 | 5 |
| 12. Doing this type of activity is one of my greatest personal satisfactions. | 1 | 2 | 3 | 4 | 5 |

**TOTAL SCORE:**

*If you scored:*

53-60 = **A True Strength**. This is a powerful competitive advantage for you. You must maximize it.

46-52 = **A Talent**. You have a natural appetite and ability for this activity. Learn to focus and apply it.

37-45 = **A Skill**. You may be capable and competent at this activity, but it lacks the passion, performance, and prestige of a true Strength.

00-36 = **Not a Strength**.

**TIP:** If none of your activities scored above 45, you may be in the wrong role.

For more information on Marcus Buckingham and *Go Put Your Strengths to Work*, visit [www.marcusbuckingham.com](http://www.marcusbuckingham.com).  
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