



**THE SCHOOL**  
*of*  
**GREATNESS**  
**ACADEMY**

**Strengths and  
Weaknesses**

**STEP 1:** Write down your 5 strengths and 5 weaknesses.

**STRENGTHS**

1.

2.

3.

4.

5.

**WEAKNESSES**

1.

2.

3.

4.

5.

**STEP 2:** Contact 3 people that you can trust to be brutally honest with you. Ask them what they think your 5 strengths and 5 weaknesses are and why. Put the answers here.

**CONTACT #1****NAME:****STRENGTHS** (and why)

1.

2.

3.

4.

5.

**RELATIONSHIP:****WEAKNESSES** (and why)

1.

2.

3.

4.

5.

**CONTACT #2****NAME:****STRENGTHS** (and why)

1.

2.

3.

4.

5.

**RELATIONSHIP:****WEAKNESSES** (and why)

1.

2.

3.

4.

5.

**CONTACT #3****NAME:****STRENGTHS** (and why)

1.

2.

3.

4.

5.

**RELATIONSHIP:****WEAKNESSES** (and why)

1.

2.

3.

4.

5.

Do their lists match yours? Do you need to reinforce any of your strengths? How can you improve your weaknesses? Jot down ideas and discoveries below:

**BONUS:**

Call someone from your past with whom you once had a strong bond but are no longer in contact (a former partner in an intimate relationship, a former close friend, or maybe a family member you had a falling out with) and ask them the same questions. Use the following page to write down what they say and your response(s).

**CONTACT #4****NAME:****RELATIONSHIP:****STRENGTHS** (and why)**WEAKNESSES** (and why)

1.

1.

2.

2.

3.

3.

4.

4.

5.

5.

What came up for you in this bonus exercise? Are you the same person that this person used to know?