

Dig Deep Worksheet

Instructions

After completing the Personal History Worksheet and reflecting on the kind of life you have been living, answer the following 32 questions. The purpose of this exercise is to uncover your unique strengths.

Q1

What resources, potentials, and talents do you have that could be turned into strengths, based on your Personal History Worksheet?

Q2

What were the most common words or themes you used in your Personal History Worksheet?

Q3

What do you have in common with the people you like?

Q4

What do you have in common with the people you dislike?

Q5

What are the things you particularly enjoy, excel at, or are passionate about?

Q6

Objectively speaking, what are your strengths?

Q7

Objectively speaking, what are your weaknesses?

Q8

How can you turn the weakness you listed in Q7 into a strength? For example: shyness > being able to observe people's emotions > being attentive to others.

Q9

What is the saddest thing you've ever experienced or cried about in your life so far?

Q10

What has been the most painful experience of your life so far?

Q11

What is the angriest or most unforgivable thing that's happened to you?

Q12

What has been the most fulfilling and enjoyable experience of your life?

Q13

What has brought you the most joy in your life?

Q14

What are you most grateful for in your life?

Q15

What were your dreams as a child (in kindergarten, primary school, middle school, and high school)? Why were those your dreams?

Q16

What is your current dream that you really want to fulfil, and why?

Q17

What is something you could do repeatedly without ever getting tired of it?

Q18

What do you enjoy being praised for by others?

Q19

What is something you can do effortlessly? In the context of your work, what is something you can do without effort?

Q20

What makes you different from others? If you work, what makes your job or work style different from others?

Q21

What areas of your life do you find yourself feeling unusually jealous about when you compare yourself to others? In the context of work, what aspects of others' performance or talents make you feel envious?

Q22

What is something you can confidently say, "I can help others with this!"? In your work, what can you confidently say, "I can help others with this!"?

Q23

Describe a time in your life when you were at your lowest point.

Q24

What insights or lessons did you gain from the experience you described in Q24?

Q25

How do you define "work" for yourself?

Q26

When do you feel most fulfilled, rewarded, and alive right now? Be as specific as possible and describe the scene like a movie.

Q27

What do you value most—your commitment, philosophy, and approach to life? In your work, what do you value most—your commitment, philosophy, and approach?

Q28

What kinds of thoughts or actions excite you? In the context of your work, what kinds of thoughts or actions excite you?

Q29

If you could earn enough to meet all your living expenses and support your loved one for the rest of your life, what would still motivate you to continue working?

Q30

What is something you could talk about for more than 30 minutes without losing interest? In your career, what is something you could talk about for over 30 minutes?

Q31

What is the one thing you want to achieve in your lifetime?

Q32

After answering all of these questions, how would you briefly introduce yourself to someone else? What kind of person would you describe yourself as?