

At Your Best

Successful teams consist of people who understand what their individual talents look like, how to use their talents purposefully and how to work around or overcome areas where they may be lacking. Teams are the most effective when they are intentional about how they use their collective talents and strengths. Think about your individual strengths when completing the following statements.

What do you do best?

A time when I was at my best was ...

The best thing about me is ...

What brings you joy?

What I enjoy doing the most is ...

My most fulfilling experience was ...

What are you proud of?

The best job or project I ever worked on was ...

The things I believe I bring to the team are ...