

Questions to Help your Client Identify their Strengths

1. **"What are three of your greatest strengths?"** *(A simple starter to ease them in!)*
2. **"Tell me about some of the biggest challenges in your life? How did you overcome them?"**
3. **"What do you like about yourself?"** *(You can also ask yourself, "What do I like about my client?")*
4. **"What do you enjoy doing?"** *(We usually enjoy what we are good at!)*
5. **What do you yearn to do?** *(Yearnings suggest possible talents!)*
6. **"What are some unusual skills you have?"** *(The word 'unusual' forces them to think what's different about themselves - make sure to delve deeper to find the underlying strength/s)*
7. **"What are you proud of in your life?"**
8. **"Tell me about your first achievement."** *(Encourage them to share even it seems boring or small now - this gives pointers to early success - and strengths)*
9. **"What would not be like it is - had you not been part of it?"** *(eg. a work or volunteer effort)*
10. **What do you get complimented on most?** *(This is a great question because it assumes they GET complimented - and asks what is most FREQUENTLY mentioned)*