

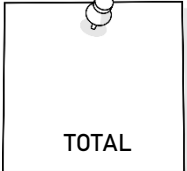
Find your strengths and do your *Personal Best*

PART 1

Complete each section by placing a "1" next to each statement you feel accurately describes you. If you do not identify with a statement, leave the space provided blank. Then, total the column in each section.

Section 1

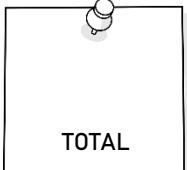
- I enjoy categorizing things by common traits.
- Ecological /environmental issues are important to me.
- Hiking and camping are enjoyable activities.
- I enjoy working on a garden.
- I believe preserving / saving / keeping our National Parks is important.
- Putting things in hierarchies (system of levels) makes sense to me.
- Animals are important in my life.
- My home has a recycling system in place.
- I enjoy studying biology. Botany and / or zoology.
- I spend a great deal of time outdoors.



TOTAL

Section 2

- Concentration is difficult while listening to a radio or television
- I've always been interested in playing an instrument.
- The cadence (rhythm / speed) of poetry intrigues me.
- Musicals are more interesting than dramatic plays.
- I remember things by putting them in a rhyme.
- Remembering song lyrics is easy for me.
- I easily pick up on patterns.
- I focus in in noise and sounds.
- Moving to a beat is easy for me.
- I enjoy many kinds of music.



TOTAL

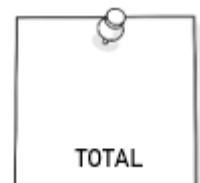
Section 3

- I find working on a computer spreadsheet or database rewarding.
- Things have to make sense to me or I am dissatisfied.
- I can't begin an assignment until all my questions are answered.
- I get easily frustrated with disorganized people.
- I can complete calculations quickly in my head.
- I keep my things neat and orderly.
- Step by step directions are a big help.
- Solving problems comes easily to me.
- Puzzles requiring reasoning are fun.
- Structure helps me be successful.




Section 4

- I learn best interacting with others.
- "The more the merrier".
- Study groups are very productive for me.
- I enjoy chat rooms.
- Participating in politics is important.
- Television and radio talk shows are enjoyable.
- I am a "team player".
- I dislike working alone.
- Clubs and extracurricular activities are fun.
- I pay attention to social issues and causes.



Section 5

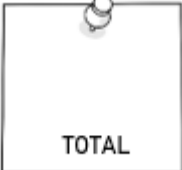
- I enjoy making things with my hands.
- Sitting still for long periods of time is difficult for me.
- I enjoy outdoor games and sports.
- I value non-verbal communication such as sign language.
- A fit body is important to a fit mind.
- Arts and crafts are enjoyable pastimes.
- Expression through dance is beautiful.
- I like working with tools.
- I live an active lifestyle.
- I learn by doing.



TOTAL

Section 6

- Debates and public speaking are activities I like to participate in.
- Word puzzles like crosswords and jumbles are fun.
- Taking notes helps me remember and understand.
- I enjoy playing with words like puns, anagrams and spoonerisms.
- I faithfully (routinely / always) contact friends through whatsapp and/or email.
- It is easy for me to explain my ideas to others.
- I keep a journal.
- I write for pleasure.
- Foreign languages interest me.
- I enjoy reading all kinds of materials.



TOTAL

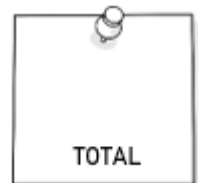
Section 7

- I am keenly aware of my moral beliefs.
- I learn best when I have an emotional attachment to the subject.
- Working alone can be just as productive as working in a group.
- I need to know why I should do something before I agree to do it.
- When I believe in something I will give 100% effort to it.
- I like to be involved in causes that help others.
- I am willing to protest or sign a petition to right a wrong.
- Fairness is important to me.
- My attitude affects how I learn.
- Social justice issues concern me.



Section 8

- I can imagine ideas in my mind.
- Rearranging a room is fun for me.
- I enjoy creating art using varied media.
- Performance art can be very gratifying.
- Spreadsheets are great for making charts, graphs and tables.
- Three-dimensional puzzles bring me much enjoyment.
- Music videos are very stimulating.
- I can recall things in mental pictures.
- I am good at reading maps, atlases and blueprints.
- I remember well using graphic organizers.



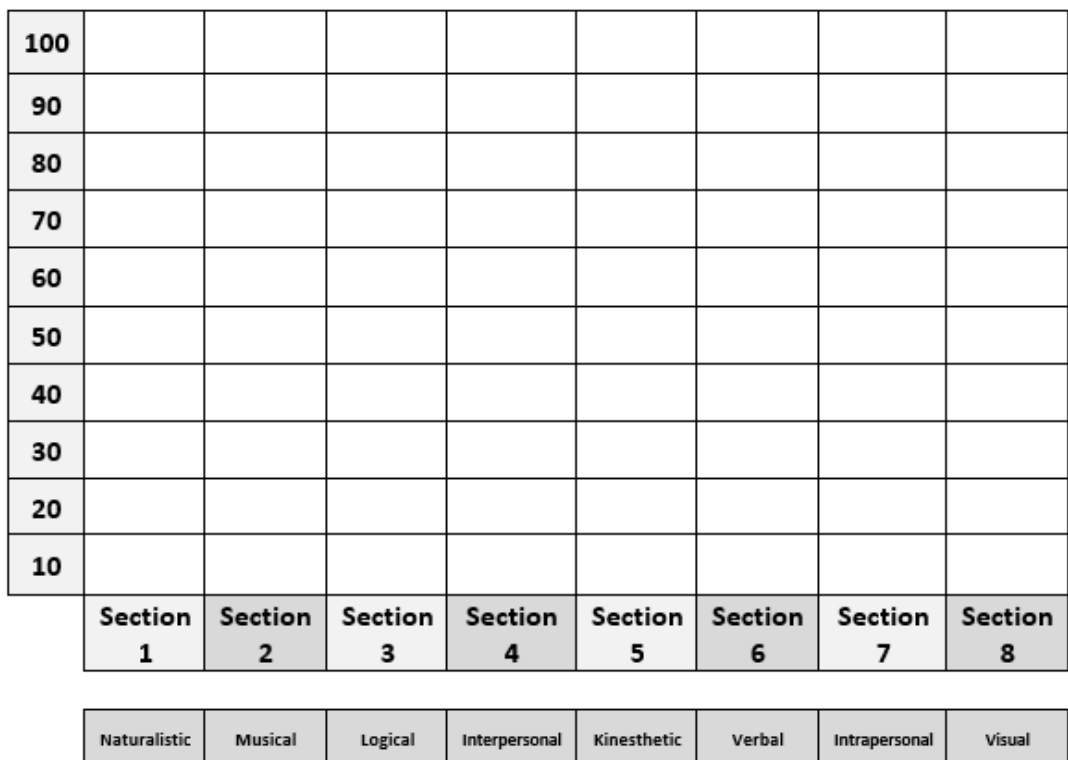
PART 2

Now carry forward your total from each section and multiply by 10 below:

| SECTION | NUMBER OF 1'S | MULTIPLY | MULTIPLIED SCORE |
|---------|---------------|----------|------------------|
| 1 | | X10 | |
| 2 | | X10 | |
| 3 | | X10 | |
| 4 | | X10 | |
| 5 | | X10 | |
| 6 | | X10 | |
| 7 | | X10 | |
| 8 | | X10 | |
| 9 | | X10 | |

PART 3

Now plot your scores on the bar graph provided. Colour in the blocks up to the multiplied score.



TYPE OF STRENGTH