

***“Know Thyself” Quadrant***  
***Personal/Career Growth Activity***

**Purpose:** This brainstorming activity is designed to help you begin thinking about your strengths, weakness, likes, and dislikes. This can be used as a personal or career growth activity to help you learn more about you.

**Direction:** Complete each quadrant below. Sharing your responses is optional.

Participants must honestly list all of their:

- strengths(i.e. talents, gifts, skills, personal traits, things you’re proud of or have accomplished)
- weaknesses (i.e. things you need to improve in or things you are simply not good at),
- likes (i.e. career interest, hobbies, goals/things you would like to accomplish, things you would do even if you didn’t get paid to do them)
- dislikes (i.e. things you are not interested in and have no desire to do, things you would change if you could).

Weaknesses	Strengths
Likes	Dislikes

**\*\*You can download this for FREE at [www.addmorepeace.com](http://www.addmorepeace.com) or [www.powerfulnotpowerless.com](http://www.powerfulnotpowerless.com)**