Here are 50 questions you can ask yourself to discover your strengths:

1. What activities make me lose track of time?
2. What topics or subjects am I most knowledgeable about?
3. When do I feel the most confident in myself?
4. What tasks do I find easy to accomplish?
5. What are my natural talents or abilities?
6. Which skills have I consistently improved upon over time?
7. When have I received recognition or praise for my work?
8. What activities or tasks do I find energizing?
9. What roles or responsibilities do I enjoy taking on in group projects?
10. Which activities do I find most fulfilling?
11. What do I enjoy helping others with?
12. When do I feel a sense of flow or being "in the zone"?
13. What do I often get asked for advice or guidance on?
14. What activities make me feel strong and capable?
15. When do I feel the most motivated and driven?
16. What goals have I successfully achieved in the past?
17. What types of problems do I excel at solving?
18. Which activities allow me to express my creativity?
19. What tasks do I find myself naturally gravitating towards?
20. When do I feel the most inspired and passionate?
21. What tasks do I find myself doing effortlessly?
22. What activities do I enjoy practicing or honing?
23. When do I feel the most authentic and true to myself?
24. What activities or tasks have consistently produced positive results for me?
25. What activities make me feel accomplished and fulfilled?
26. When do I feel the most confident in my decision-making abilities?
27. What activities or tasks do I receive compliments or positive feedback on?
28. What types of projects or assignments do I excel at?
29. What activities do I engage in where I am fully focused and engaged?
30. When have I felt the most proud of my work?
31. What activities make me feel empowered and in control?
32. What challenges have I overcome successfully in the past?
33. When do I feel the most motivated to learn and grow?
34. What activities do I find myself naturally gravitating towards in my free time?
35. When have I been described as resourceful or innovative?
36. What tasks or activities make me feel like I'm making a difference?
37. When have I been able to inspire or motivate others?
38. What activities allow me to showcase my leadership skills?
39. What tasks or activities do I find myself taking the lead on?
40. When have I demonstrated exceptional problem-solving skills?
41. What activities or tasks have I consistently shown dedication and commitment to?
42. When do I feel the most confident in my abilities to communicate effectively?

43. What activities allow me to express my empathy and understanding towards others?
44. When have I successfully influenced or persuaded others to take action?
45. What activities or tasks have I received formal training or education in?
46. When do I feel the most comfortable stepping out of my comfort zone?
47. What activities or tasks have I consistently been able to complete ahead of schedule?
48. When have I been able to bring people together and foster collaboration?
49. What activities or tasks make me feel a sense of fulfillment and purpose?
50. When do I feel the most alive and fully engaged in what I'm doing?

Remember, this is a process of self-reflection and exploration. Take your time to answer these questions and reflect on your experiences and feelings. Your strengths may become more evident as you go through this process.