Online Tools to explore your
Strengths
personal qualities
Values
Talents
Skills
Interests
Personality
passion and purpose
Discovering U can help you determine a compatible career, find purpose, develop confidence and self-esteem, cultivate strong relationships, make decisions, and set priorities.

Strengths

- Identify Your Strengths | Daily PlanIt
- Red Bull Give wings to your career!
- High Five https://high5test.com/
- High5 Information Sheet pdf
- StandOut StandOut Assessment - TMBC
- $ Clifton Strengthsfinder www.gallup.com/cliftonstrengths
- www.gallup.com/workplace/245090/cliftonstrengths-themes-quick-reference-card.aspx
- 34 Strengths from StrengthsFinder | sourcesofinsight
- $ Strengths Profile www.strengthsprofile.com
- Personal Strengths Test | Truity
- 20. Strength Spotting Shortcut | Live Up to You
- Strength spotting card sort at https://dnav.international/downloads/
- Personal Strengths Defined (+ List of Strengths) | positivepsychology.com
- Printable Strength Cards For Therapists and Coaches positivepsychology.com
- Free Aptitude Test – Find Your Strengths & Weaknesses | richardstep.com
- The Strengths Approach To Doing Satisfying Work - The Positive Encourager
- Strengths & Weaknesses: Definition, Meaning, and Examples - The Berkeley Well-Being Institute
- Library Guides: Journalism - Strategic Communication: SOAR Analysis
- What job should I do – Wheel of Strengths | Barclays LifeSkills
- 26 Strengths To Add To Your Resume & How To Identify Them

Personal Qualities (character strengths)

- Develop Character | Daily PlanIt
- https://www.viacharacter.org/
- Printable descriptions of via character strengths pdf
- Find Your 24 Character Strengths | Personal Strengths List | VIA Institute
- https://charactercounts.org/six-pillars-of-character/
- Signature Strength Questionnaire (SSQ-72) - SBR
- How Strong is Your Character? - EducationPlanner
- Find My Role Model | Academy of Achievement
- Johari Window - take the test online
- Self management skills Wisconsin pdf
- List Of 600 Personality Traits
- Ben Franklin: The Thirteen Necessary Virtues | Farnam Street
- Character Matters - Frank Sonnenberg Online

- Traits Quiz - alis
- Dilemmas — The Good Project
- Science of Character | Let it Ripple

Values

- Map Your Values | Daily PlanIt
- Flippity.net: Values
- Core Values List | James Clear
- Value Sort — The Good Project | Values list printable pdf
- Core Values Assessment
- Values Cards Exercise | think2perform
- 15 Core Values Quizzes to Identify What's Important to You | Develop Good Habits
- Intrinsic Values Test | Discover What Your Most Important Values Are | ClearerThinking.org
- ACT Values Card Sort
- Work Values Quiz - alis
- Do You Know Your Personal Values?
- Work Values | CareerOneStop
- Work Values Matcher | Careers | CareerOneStop
- Work Importance Locator (WIL) at O*NET Resource Center
- Career Values Card Sort online

Talents

- Uncover Hidden Talents | Daily PlanIt
- Talent Table
- Transforming Futures: Free Talent Identifier Quiz Now Available from Talent Transformation | App
- https://www.literacynet.org/mi/home.html
- Multiple Intelligences -- Assessment | literacynet.org
- https://simplicable.com/talent/talent
- https://thinkskilltools.com/skill-sharing-why-it-matters-more-than-you-think/
- How to Find Your Hidden Talents
- HOW TO DISCOVER YOUR TALENT « XPRESS PORTAL
- 6 ways to identify your true talents | CNN

Skills

- Explore Your Skills | Daily PlanIt
- Work Skills List | Daily PlanIt
- Transferable Skills | SkillsYouNeed
- Skills Tools on CareerOneStop
- Harnessing Your Inner Compass | Berkeley Exec Ed
- Soft Skills Custom List
- https://training.simplicable.com/training/new/soft-skills
- Job Skills Checklist - Purdue OWL
- 50 Ways to Get a Job
- Identifying Your Skills pdf
- Matching Yourself with the World of Work pdf
- Skills – Career Center | Tufts University
- https://knowyourskills.careers.govt.nz/tools/skill-matcher/
- Windmills Foundation Online skills sort
- Organize Your Skills | Georgia Department of Labor

- Transferable Skills Checklist | Graduate School
- Interpersonal Skills Self-Assessment skillsyouneed
- Figure out your skills careers.govt.nz
- Detailed Description of SCANS Competencies
- T-Folio SCANS skills assessment
- Understand Your Abilities - alis

Interests

- Interests Quiz | do2learn
- Career Interests Game
- O*NET Interest Profiler
- Interests – Career Center | Tufts University
- iSeek Cluster Survey: Free Career Test
- Free Career Quiz - Find Your Holland Code & Discover the Right Job for You | Truity
- Holland Code Career Interest Checklist pdf
- Career Interest Surveys - Advance CTE
- Career Assesment | Career Resources | Economic and Labor Market Information Bureau
- Holland's theory
- Minnesota State - Career Interest Assessment
- Holland Code (RIASEC) Test
- Roadmap | Roadtrip Nation explore interests
- Interests Exercise - alis
- Free Career Test: What Job Should I Have Quiz | UniversityHQ
- Career Quiz | The Princeton Review
- Interest Assessment | CareerOneStop
- Career Interests & Work Values Assessment

Personality

- Learn About Your Personality and Interests | Daily PlanIt
- Myers-Briggs and DISC pdf
- 16Personalities Myers-Briggs test
- Myers Briggs Type Preferences Perception Judgment
- Myers & Briggs' 16 Personality Types | True You Journal
- The Best Jobs for Every Personality Type - Business Insider
- Personality test based on Jung and Briggs Myers typology
- Delving Into DISC | Daily PlanIt
- DISC Pinterest board
- Keirsey
- Big Five Test
- Free Big Five Personality Test - Accurate scores of your personality traits
- Left/Right Brain Characteristics of the 6 Passion Styles

Passion and Purpose

- Clues to Purpose | Daily PlanIt
- Free eBook: How to Start a Fire | Daily PlanIt
- Purpose Planning | Daily PlanIt
- Ikigai Worksheet
- Oprah's Passion hexagon pdf
- Passion test pdf from Success magazine
- Pave Your Life Roadmap

- Quiz: What's Your Pillar of Meaning?
- Flow Test | Psychology Today
- Ikigai: what it is and how to use ikigai to find your purpose — Calm Blog
- The Purpose Model - Roanoke College
- Finding Purpose in Life: The Long Guide to Finding Your Life's Work
- How to find your passion - Barking Up The Wrong Tree
- Find Your Passion: 15 Strategies to Find What You Love | Science of People