

Tab 1

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://dnv.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](#)