

Personal Power Brainstorming Worksheet


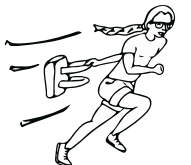



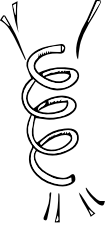
As you identify your own power style, it's important to bear in mind that there are no "good" or "bad" power styles and to remember not to make snap judgments about others or yourself. Most of us employ more than one power style, and we may even switch styles depending on the situation or time in life.

- Can you think of a time you might have taken on qualities of one power style or another?
- What types of power styles do you think Empress Cixi employed?

Tools/Questions for Investigating Your Personal Power:

- What are some of your personal strengths?
- What impact would you like to have on the world?
- What moves you to take action?
- What do you know how to do that you can teach others?

It is thought that we all possess distinct character strengths that are associated with the six virtues of positive psychology theory. Psychologists Peterson and Seligman (2004) explored what personal strengths might look like for each of these virtues and came up with this list of 24 core strengths. Circle any strengths you think you possess. These are some of your personal powers!

Wisdom Creativity Curiosity Love of learning Open-mindedness Perspectives 	Courage Authenticity Bravery Persistence Zest 	Humanity Kindness Love Social intelligence 	Justice Fairness Leadership Teamwork 	Temperance Forgiveness Modesty/Humility Prudence Self-regulation 	Transcendence Appreciation of beauty and excellence Gratitude Hope Humor Religiousness/Spirituality 
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