YOUR INTROVERT *strengths* REVEALED

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Hi Fellow Introvert!

When I wrote *The Powerful Purpose of Introverts*, I did a deep dive into the research about introversion and engaged with thousands of introverts around the world. As I did so, I began to notice patterns and identified these nine introvert strengths.

NINE INTROVERT STRENGTHS

- Strategic Solitude
- Meaningful Connection
- Genuine Influence
- Sacred Confidence
- True Well-Being
- Hard-Won Resilience
- Sharp Thinking
- Insightful Perception
- Intentional Energy

I created this self-scoring assessment to help you understand what these strengths look like in your life, avoid common pitfalls, and maximize who you are as an introvert. This can also be a helpful tool in your relationships with family, friends, and coworkers so feel free to share it.

I believe our world needs what introverts have to offer more than ever before, including your strengths.

Cheering You On,

Holley Gerth

Wall Street Journal Bestselling Author and Life Coach

INTROVERT STRENGTHS ASSESSMENT

Respond to each statement with a number from 1 to 5, with 5 being "very true of me" and 1 being "not true of me at all." Then add the numbers for your total score on each strength.

STRENGTH: STRATEGIC SOLITUDE

_____ I regularly and intentionally make time to be alone

_____ I understand how much time by myself I need and make sure I get it

_____ I feel connected to my true self, others, or God even when I'm alone

_____ I use time alone to do restorative or creative activities

_____ I generally feel calm and content when I'm by myself

____ Total Score

STRENGTH: MEANINGFUL CONNECTION

_____ I have an inner circle of people I trust in my life

_____ I intentionally make time to be with my people

_____ I am able to be open and vulnerable with those closest to me

_____ I am someone others know they can count on to be there for them

_____ I can look back over my life and see a pattern of significant relationships

____ Total Score

STRENGTH: GENUINE INFLUENCE

_____ I am committed to making a difference in the lives of others

_____ I am someone others look to when they need advice or insight

_____ I am aware of my gifts and regularly use them to serve those around me

_____ I see all humanity as being connected in important ways

_____ I see my life as a small part of something much bigger than me

____ Total Score

STRENGTH: SACRED CONFIDENCE

_____ I consider spirituality to be the most important part of life

_____ I believe God loves me just as I am

_____ I feel awe when I experience God's creation

_____ I see the image of God in others, even if they're different than me

_____ I have confidence in who I am because it's who God made me

____ Total Score

STRENGTH: TRUE WELL-BEING

_____ I have clear values and my life is in alignment with them

_____ I know what makes me truly happy and what does not

_____ I am able to choose what's best for me even if others don't agree

_____ I frequently experience moments of well-being and gratitude

_____ I know how to find joy even in hard times

____ Total Score

STRENGTH: HARD-WON RESILIENCE

_____ I am someone who gets back up when life tries to keep me down

_____ I sometimes surprise myself or others with my inner strength

_____ I see myself as a warrior who has fought hard battles

_____ I persevere so others will know if I can overcome something, they can too

_____ I keep trying even when I fail or something doesn't turn out the way I hoped

____ Total Score

STRENGTH: SHARP THINKING

_____ I know how to take control of negative thoughts or quiet my inner critic

_____ I believe my mind is a powerful gift and I want to use it to its fullest

_____ I frequently experience moments when I'm totally focused on what I'm doing

_____ I take time to reflect and process before I make decisions

_____ I consider myself to be a lifelong learner

____ Total Score

STRENGTH: INSIGHTFUL PERCEPTION

_____ I'm observant and notice things others miss

_____ I prefer to focus intently on one thing rather than multitask

_____ I have insights into people, situations, and projects that are helpful to others

_____ If something is not quite right, I'm aware of it without anyone telling me

_____ I am more considerate of others than most people

____ Total Score

STRENGTH: INTENTIONAL ENERGY

_____ I generally feel I have enough energy for what matters most

_____ I make choices about food, drinks, exercise, and sleep that help me feel my best

_____ I have learned to say no so that I can say yes to what's best

_____ I know what fills me up and intentionally include those activities in my life

_____ I know what drains me and intentionally limit or eliminate those activities in my life

____ Total Score

RESULTS

Using your scores, rank your strengths in order from one to nine, with one being your highest scoring strength and nine being your lowest. If you have a tie, you can decide the order of those strengths.

NINE INTROVERT STRENGTHS

_____ Strategic Solitude

_____ Meaningful Connection

_____ Genuine Influence

_____ Sacred Confidence

_____ True Well-Being

_____ Hard-Won Resilience

_____ Sharp Thinking

_____ Insightful Perception

_____ Intentional Energy

1 - 3 = Powerhouse Strengths. Lean into your Powerhouse Strengths whenever possible. They are your personal superpowers.

4 - 6 = Plateau Strengths. Look to your Plateau Strengths in situations that call for them. They are solid, reliable, and will serve you and others well when needed.

7 - 9 = Potential for Growth Strengths. Learn how to develop your Potential for Growth Strengths. They may have more to offer you than what you're experiencing right now.

ABOUT YOUR STRENGTHS

STRATEGIC SOLITUDE

Overview: Your strength of Strategic Solitude means you are intentional with your time alone. You may use it to think, reflect, pray, create, reconnect with yourself, or reenergize for what's next. Whatever you do during that time, it adds value to your life, work, and those around you. You know that being alone doesn't mean being lonely. It may actually be when you feel most connected to yourself, others, and something bigger than you.

Watch Out For: False guilt about needing time alone—it's essential for you and will help you be at your best in your work and relationships.

Maximize Your Strength: If you don't already, schedule time in your calendar for solitude and treat it like you would an important meeting.

MEANINGFUL CONNECTION

Overview: Your strength of Meaningful Connection means you value quality over quantity in relationships. You're not interested in knowing everyone but you definitely care about knowing a few people deeply. You show up as your true self and have little patience for impressing others or putting on a show. Your people can count on you to be there when it matters most, offer support, and stay loyal for the long haul.

Watch Out For: One-sided relationships where you do all the giving.

Maximize Your Strength: Decide how much time you'll give to social media, which focuses on surface-level connections. You will be more satisfied spending your time going deep instead of wide.

GENUINE INFLUENCE

Overview: Your strength of Genuine Influence means you live like someone who's on a mission. You imagine how things can be better than they are now and take steps toward making that a reality. You don't care about fame but you want to make an impact. Your help, thoughts, or gifts are valued by others because they trust your intentions and believe you have their best interests in mind.

Watch Out For: Believing extrovert "experts" who say you have to use their methods of influence rather than what works best for you as an introvert.

Maximize Your Strength: Have a clear vision of how you want to make a difference in the world because it will keep you focused and motivated. You can write it out by finishing this sentence: "I imagine a world where..."

SACRED CONFIDENCE

Overview: Your strength of Sacred Confidence means you approach life from a spiritual perspective first. Your faith influences everything you do and defines the way you see yourself. You frequently have the feeling of being connected to God and ordinary moments can feel holy. Even in hard times, you have the sense that you're being cared for and are part of a divine plan beyond what you can understand.

Watch Out For: Anything that implies living your faith or loving others must involve acting like an extrovert. God intentionally created you as an introvert.

Maximize Your Strength: Identify any lies you've believed about who you are as an introvert and replace them with truth. Example: Lie = I'm not outgoing enough, Truth = I'm "wonderfully made" (Ps. 139:14).

TRUE WELL-BEING

Overview: Your strength of True Well-Being means you understand what you need to thrive, regardless of what anyone else says is "the good life." You know your best life is one that aligns with your values, includes self-care, and is about inner strength rather than outward circumstances. You see your life as a gift that has been entrusted to you and you want to gratefully make the most of it.

Watch Out For: Pressure to pursue the extrovert version of happiness. For extroverts, happiness tends to look like excitement and enthusiasm. For introverts, it's more often a sense of calm and contentment.

Maximize Your Strength: Make a list of everything that boosts your well-being, whether it's a nap, walk, prayer, funny video, or conversation with a friend. Use your phone or take a photo of your list so you always have it with you. When you have a hard day, look at your list and choose what you need most.

HARD-WON RESILIENCE

Overview: Your strength of Hard-Won Resilience means you are an overcomer who has faced challenges and come out stronger on the other side. You may experience fear or frustration but you don't let them stop you. Even if you don't realize it, you inspire others with your quiet ability to keep moving forward. You turn your setbacks into stepping stones because nothing and no one is going to keep you down.

Watch Out For: Trying to do everything on your own. Asking for help is an act of courage not weakness.

Maximize Your Strength: You know more than you realize about resilience and how to keep moving forward in life. Even if you're not where you'd like to be yet, share your story with others so they can be encouraged and you can be reminded of how far you've already come.

SHARP THINKING

Overview: Your strength of Sharp Thinking is more than intelligence, it's an insightful and intentional way of processing life. You direct your thoughts in ways that lead to growth, whether that's overcoming fear or learning something new that interests you. You are able to focus when you want to do so and use reflection to help guide your life. You see your mind as a valuable tool and you are skilled at using it.

Watch Out For: Environments that make it hard for you to think, whether that's an open floor plan at work, a loud inner critic, or a schedule that's too full.

Maximize Your Strength: Once we're out of school, strengthening our minds can become less of a focus. But mental growth will not only be enjoyable for you, it will also increase your effectiveness. Set personal learning goals like reading a book a week, working with a life coach, or taking an online course.

INSIGHTFUL PERCEPTION

Overview: Your strength of Insightful Perception means you naturally have a higher level of awareness than most people around you. Your mind is like a net with very small holes, empowering you to catch what others miss. This capability may show up in a specific area, like your work, or it may be present in every area of your life. You often intuitively know the needs of a project or person and use that knowledge to take action in ways that make the world a better place.

Watch Out For: Exposing yourself to toxic people or situations. You absorb what's around you.

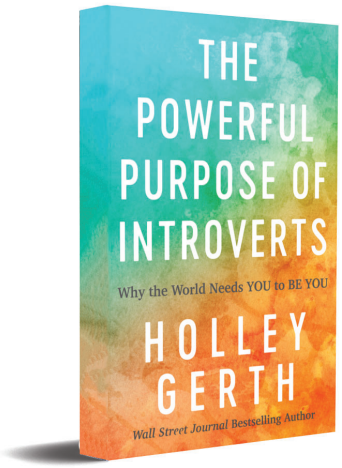
Maximize Your Strength: Because you take so much in, you may become overwhelmed at times. This is a sign that the remarkable net in your mind is full for the time-being. Regularly "empty your net" by giving yourself time to process and rest. This will keep you living and working at your highest capacity.

INTENTIONAL ENERGY

Overview: Your strength of Intentional Energy means you proactively manage the resources in your life, like time and your health. You are not one to passively sit back and let things happen to you. Instead you understand you are in charge of your life and only you can choose to invest it in what matters most. You do so for your own benefit but also because you see it as a way to be at your best for the people you love and the purpose you want to fulfill.

Watch Out For: Getting away from the habits and choices that energize you when you're out of your normal routine, like during the holidays or a crisis. That's often when you need them most.

Maximize Your Strength: Do an energy inventory to catch any energy leaks in your life. For a day or week, record all of your activities. Put a + by those that energize you and a – by those that drain you. Some items with a – will be unavoidable but if you find some you can eliminate or delegate, consider doing so.



For a deeper look at who you are as an introvert and all nine strengths, read *The Powerful Purpose of Introverts: Why the World Needs You to Be You*. You can also find more tools, resources, and inspiration for introverts at www.holleygerth.com/introverts.