

Seven-Day Work-Strength Worksheet

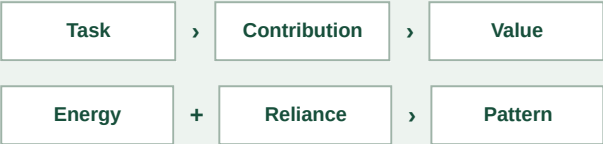
Use evidence from work you actually did—not adjectives you think describe you.

How to use this worksheet

- 1
- At the end of each workday, choose one real task you completed.
- 2
- Record what was difficult, what you contributed, and what changed.
- 3
- Notice your energy and separate AI assistance from your own judgment.
- 4
- After Day 7, look for patterns and write evidence-backed strength statements.

Your evidence chain

Trace each possible strength through observable work.



Capability

What you can do reliably, especially when the work is difficult.

Energy

Whether doing the work tends to drain, steady, or energize you.

Work value

The output or improved condition your contribution makes possible.

Evidence

A specific task, behavior, result, or recurring reliance that others could observe.

Relational work still needs evidence.

Being well-liked alone is not evidence of a strength. A stronger example is reducing tension or clearing up a misunderstanding so trust returns and the team can make a decision. Record the condition that improved, not only the positive reaction.

taskwise

Daily evidence log

Write briefly and specifically. Name the task, your contribution, and what changed.

Day 1 Date:	Task completed	What made it difficult
	What I personally contributed	Outcome or condition improved
	What others relied on me for	Energy: draining / neutral / energizing
	Where AI helped	What still required my judgment or responsibility

Day 2 Date:	Task completed	What made it difficult
	What I personally contributed	Outcome or condition improved
	What others relied on me for	Energy: draining / neutral / energizing
	Where AI helped	What still required my judgment or responsibility

Day 3 Date:	Task completed	What made it difficult
	What I personally contributed	Outcome or condition improved
	What others relied on me for	Energy: draining / neutral / energizing
	Where AI helped	What still required my judgment or responsibility

Day 4 Date:	Task completed What I personally contributed What others relied on me for Where AI helped	What made it difficult Outcome or condition improved Energy: draining / neutral / energizing What still required my judgment or responsibility
Day 5 Date:	Task completed What I personally contributed What others relied on me for Where AI helped	What made it difficult Outcome or condition improved Energy: draining / neutral / energizing What still required my judgment or responsibility
Day 6 Date:	Task completed What I personally contributed What others relied on me for Where AI helped	What made it difficult Outcome or condition improved Energy: draining / neutral / energizing What still required my judgment or responsibility
Day 7 Date:	Task completed What I personally contributed What others relied on me for Where AI helped	What made it difficult Outcome or condition improved Energy: draining / neutral / energizing What still required my judgment or responsibility

Turn seven days of evidence into a work-strength profile

Repeated behaviors

What did you do more than once, across different tasks?

Direct value or enabling value

Did you create an output directly, or improve the conditions that helped others deliver?

Recurring reliance

What did other people rely on you for repeatedly?

Conditions

In which team, task, time, or difficulty conditions did the pattern appear?

Energy pattern

Compare your draining / neutral / energizing notes across the week. What pattern do you see?

AI shift / retained human contribution

What AI accelerated, and what still required judgment, context, relationships, review, or responsibility?

Write 1–3 evidence-backed strength statements

Use this shape: "When [condition], I repeatedly [behavior], which creates [direct or enabling value]."

1.

2.

3.

One new task or team situation to test

Choose a concrete situation where you can deliberately use one possible strength and observe the result.

Build your work-strength profile

Take the Taskwise Work Strengths Test at
www.aireplace.org/work-strengths-test