

Your Strengths

Notice what you do well, and use more of it

Most of us know our weaknesses in detail and our strengths only vaguely. Yet people tend to feel more engaged, and do better, when they spend more of their time using what they are naturally good at. A strength is not only something you do well; it is something that gives you energy when you do it.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

Find your strengths

EXERCISE

Look for clues

1. Times I felt at my best. What was I doing?

2. Things I find easy that others find hard:

3. Things I lose track of time doing:

4. What people come to me for:

Words that might help: analysing, building relationships, calming things down, creative thinking, explaining, organising, persuading, problem-solving, spotting detail, supporting others, taking charge, writing.

Ask, then use them more

Ask two or three people who know you well: "What do you think I am at my best doing?" Note their answers without arguing with them.

WHO	WHAT THEY SAID

MY TOP STRENGTHS	WHERE I USE THIS NOW	WHERE I COULD USE IT MORE
1		
2		
3		