

STRENGTHS EXERCISE



Try this: Get to know your strengths by answering the following questions:

1. **Childhood memories:** What do you remember doing as a child that you still do now – but most likely much better? Strengths often have deep roots in our early lives.

2. **Energy:** What activities give you an energetic buzz when you are doing them? These activities are very likely calling on your strengths.

3. **Authenticity:** When do you feel most like the “real you”? The chances are that you’ll be using your strengths in some way.

4. **Ease:** See what activities come naturally to you, the ones you have a tendency to excel in, apparently without a lot of effort. These will likely to be your strengths.

5. **Attention:** See where you naturally pay attention. You are most likely to focus on things that are playing to your strengths.

6. **Rapid learning:** What are the things that you have picked up quickly, learning them almost effortlessly? Rapid learning often indicates an underlying strength.

7. **“To do” lists:** Notice the things that never make it on your “to do” list. These things that always seem to get done often reveal an underlying strength that means we never need to be asked twice.
