

MY STRENGTHS

Strengths are elements of our personality that energise and serve us well. Research shows that using our strengths leads to numerous positive outcomes, such as increased happiness (and reduced stress), wellbeing, confidence, physical health, and better relationships. They also help us in better managing challenges and achieving our goals.

Designed as an accompanying download for our [Strengths Card Set](#), this worksheet will guide you through a process of further exploring your strengths. Be sure to keep a copy handy so you can recomplete it — it's important to revisit your strengths regularly to ensure they're top of mind and that you're using them in ways that are helpful to you.

Step 1 - Record the date. This will help you track changes over time. Note that while your strengths themselves are unlikely to change, how you use them might.

Date:

Step 2 - List your top five strengths:

Step 3 - What are your initial reactions to uncovering these strengths? Were you surprised? Were they what you expected? Note down your thoughts:

Step 4 - Rate how often you are using your strengths in your work+ life (1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always):

Work



Life



Step 5 - Consider how you're using your strengths, and how you can use them more. For example, can you work with your colleagues to leverage your complementary strengths? Can you seek out projects that play to your strengths? Can you use your strengths to achieve your development goals?

Strength 1:

How I use this strength	How I can use it more

Strength 2:

How I use this strength	How I can use it more

Strength 3:

How I use this strength	How I can use it more

Strength 4:

How I use this strength	How I can use it more

Strength 5:

How I use this strength	How I can use it more

Step 6 - Reflect on this process. You might like to consider: What was it like? How did it make you feel? Was there anything that surprised you? Challenged you? What have you learnt about yourself and your values? Or, what is the next step you will take?