



IDENTIFYING STRENGTHS

Recognising and naming our strengths can be a really powerful exercise for building confidence and self-esteem. While it might seem simple, the act of slowing down and naming our strengths in a structured way through a conversation with a parent or carer can be a really powerful process. Let's start by considering the following situation:

Imagine you are being celebrated at a big ceremony and someone is giving a speech in your honour.

First, decide who the speaker is going to be. A family member? A teacher? Someone else?

Then, imagine in detail what you would want the speakers to say about you. You could also think about what you wouldn't want them to say!



Now I'd like to invite you to reflect on the following questions:

What would your best friend / closest family member say they like about you?

What personality traits do you admire in people you respect / your heroes?

What do you like most about yourself?



Now circle the strengths you feel you possess:

WISDOM	KINDNESS	DISCIPLINE	PERSISTENCE	LEADERSHIP	LOYALTY	APPRECIATIVE	PRACTICAL
EMPATHY	OPEN-MINDEDNESS	HUMOUR	PATIENCE	COMPASSION	INGENUITY	ANALYTICAL	RESPONSIBLE
ENTHUSIASM	BRAVERY	ASSERTIVENESS	FORGIVENESS	OPTIMISM	COOPERATION	STRONG SENSE OF JUSTICE	TRUSTWORTHINESS
MODESTY	LOVE OF LEARNING	INTELLIGENCE	ATTENTION TO DETAIL	AMBITION	FAIRNESS	HUMBLE	CONFIDENCE
GRATITUDE	CREATIVITY	ADVENTUROUSNESS	HONESTY	IMAGINATIVE	LOVING	DETAIL-ORIENTED	CURIOSITY



Now consider the following questions:

How do these strengths help me at school or work?

How do these strengths help me at home?

How do these strengths help me in relationships?

How can I use these strengths to achieve the goals I set for myself?

In what situations might I need to be reminded that I possess these strengths?
