

Discover Your Strengths

Strengths are vital resources in your personal and professional development. Strengths are the talents, skills, and abilities you possess and excel in when compared to others.

Strengths can come in many forms: interpersonal abilities like relationship-building, self-driven actions such as creativity or diligence, and more. Taking time to assess the thoughts which come immediately when asking these self-evaluating questions can give insight into natural talents and skills. Additionally, reflecting upon past moments of success -- perhaps at work, school or even a hobby -- can be helpful in recognizing one's strengths.

To identify your strengths, take time for self-reflection. Examine past successes and achievements as a starting point for what you excel in by writing down everything that comes to mind.

Additionally, talk to family members, colleagues, teachers, and mentors that have seen you working your best. They can provide valuable insights into areas of excellence which can become Strengths.

Finally, create action plans to practice areas that seem promising to prioritize exploration.

Investing in your Strengths will cultivate them into powerful tools for success for both your personal growth plan and career pursuits.

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Think back to your most recent successes/achievements, what skills did you utilize?

What do you enjoy doing?

What are you passionate about?

What comes easy to you that might be difficult for others?

What do people come to you frequently for help/guidance?

What do people tell you that you are good at or compliment you on?

Ask 2 - 3 friends/colleagues when they have seen you at your best.