

CORE SKILL #3: WORKING FROM STRENGTHS

Do you ever notice that you focus more on your faults or “needs improvement” areas than on your positive qualities?

Flip to the positive: Working from your strengths creates a positive energy ‘spiral’ and helps you to be resilient.

Take the “Strengths” questionnaire and note your key areas of strength.

Tackle your challenges using those strengths; the technique of ‘Appreciative Inquiry’ can help you see where those strengths are.

Use your top strengths each day to increase your resilience.

TOOLS

Finding your Strengths

Read through the list of “Strengths” on the next page and note your key areas of strength here: _____

Where do you use your strengths in your daily life?

“Appreciative Inquiry”

This method can help you tackle any challenge you face.

1. Name the challenge. For example: “*I am spread way too thin right now.*”

2. Ask the question: How could one of my key areas of strength help me in this area?
For example: “*I could use my kindness toward myself and do this to approach this difficulty with self-directed kindness.*” (or use my organization, focus, or perspective...)

3. Ask yourself, how do I feel now?

Too much or Too little?

All strengths can be either ‘over’ or ‘under’ used. Try this exercise:

My key strength _____ can be ***under***used in these situations:

My key strength _____ can be ***over***used in these situations: