

My Strengths Exploration



Let's talk about your strengths. Strengths are things you are inherently good at and that give you energy when utilised properly. Spend some time with this workbook reflecting independently on the below.

SELF-EXPLORATION

What do I believe I am I good at?

When do I feel at my most confident?

What do I think my family would say I am good at?

What do I think my friends would say I am good at?

What do I think those I interact with regularly (e.g., at work, or through a hobby) would say?



EXPLORING OTHER'S PERSPECTIVES

Now let's see what strengths you are seen and known for.

Ask others to share what they believe your top 3 strengths are and note them below.

Add their name and their relationship to you. You can ask up to 12 people, but at least ask:

- One family member
- Three friends
- Two people you interact with regularly (for example at work, or through a hobby)

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MY STRENGTHS REFLECTIONS

Now take some time for deeper reflection. What have you learned about yourself through these exercises? Reflect on the below questions and note your observations.

- Which strengths are you most proud of and why?
- How have your strengths supported your biggest achievements so far?
- What surprised you the most?
- What would you like to learn more about?
- What are your biggest opportunity areas for the future?

Write your reflections here

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