

# 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 good at?

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When do I feel at my most confident?

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

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

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

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