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 underused in these situations:
My key strength ____________________________ can be overused in these situations: