

S U P A R N A S E N G U P T A

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PLAY TO YOUR STRENGTHS

UNLOCK YOUR INNER STRENGTHS: A
GENTLE GUIDE TO HELP YOU DISCOVER
WHAT MAKES YOU NATURALLY
POWERFUL.



THIS TOOLKIT IS DESIGNED TO HELP YOU RECOGNISE YOUR INNER GIFTS, BUILD EMOTIONAL CLARITY, AND STEP INTO YOUR HIGHEST POTENTIAL WITH CONFIDENCE AND PURPOSE.

Section 1: Understanding Your Natural Strengths

1. Identify Your Natural Talents

- What activities feel easy, enjoyable, or energizing for you?

2. Reflect on Your Peak Moments

(Think of moments when you felt proud, confident, or deeply satisfied)

- What were you doing? What personal strengths were you using?

3. External Feedback Insight

(Sometimes others see strengths we overlook)

- What strengths do friends, family, colleagues, or clients frequently notice in you?

Section 2: Clarifying Your Energy Patterns

4. Activities That Boost Your Energy

(Strengths usually leave you feeling alive and motivated)

- What tasks energize you the most?
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5. Activities That Drain You

(Weaknesses often feel heavy or exhausting)

- What activities consistently drain or frustrate you?
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Section 3: Aligning Your Life With Your Strengths

6. Leverage Your Strengths in Daily Life

- How can you use your top strengths more often in work, relationships, or personal growth?
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7. Delegate or Redesign Tasks

(Creating space for your strengths is essential)

- What tasks can you delegate, outsource, or simplify because they are NOT your strengths?
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8. Create Daily Routines Around Your Strengths
(Systems help you work from your zone of genius consistently)

- What habits or routines can you build that highlight your strongest abilities?

Section 4: Turning Strengths Into Power

9. Use Strengths to Solve Problems

(Think of a current challenge)

- How can you approach it using one or two of your strengths?

10. Define Your “Zone of Genius”

(This is where your strengths, passion, and impact meet)

- What are the top 3 strengths that represent your zone of genius?

1. _____

2. _____

3. _____

- Reflection:

“When I lead with my strengths, I feel more confident, aligned, and capable because...”
