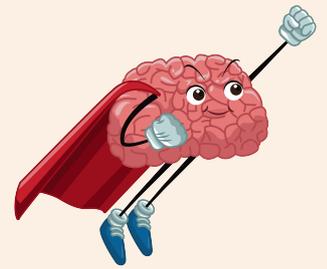


Your Super Powers, The Secret to Thriving



Your strengths aren't the things you're simply good at, they're the things that energise you, feel natural, and make you feel most like yourself.

When you use them, you come alive.

When they slip into overdrive, they become stress signals.

What Strengths Really Are

Strengths are your psychological DNA, the patterns you can't help but use because they give you energy, motivation, and clarity.

They show up in the tasks you're drawn to, the roles you naturally take, the compliments you brush off, and the moments where time disappears.

Using your strengths regularly boosts well-being, confidence, and resilience.

Ignoring them drains you. Overusing them overwhelms you.



Strengths in Overdrive

Every strength has a shadow side when you're stressed, tired, or stretched too thin...

Empathy → Over-care

Creativity → Chaos

Detail → Perfectionism

Humour → Deflection

Strategy → Overthinking

Overdrive isn't failure, it's information.
It's your strength asking for boundaries, rest,
or support.

Bringing Strengths Back Into Balance



You don't switch strengths off, you dial them back...

1. Pause



Is this strength helping or hijacking me right now?

2. Partner



Pair it with another strength (e.g., creativity + planning).

3. Permission

Use it intentionally, not reactively.

Balance is the sweet spot where your strengths fuel you instead of running the show

Mini Reboot Practice

Here are three tiny strength-based resets you can use anytime you feel off-centre, overwhelmed, or stuck in overdrive.

1. Spot the energy spike

Notice one moment today where your energy rose ...even slightly. That's a strength showing up. Write it down, energy is the biggest clue.

2. Identify your overdrive signal

Ask yourself, which strength of mine gets loudest when I'm stressed? Name it, this turns autopilot into awareness, and awareness is the reset.

3. Dial it back 30 seconds

Choose one tiny action to bring that strength back into balance...

- **Empathy** → Ask: "Is this mine to carry?"
- **Creativity** → Pick one idea to follow
- **Detail** → Set a 5 minute limit
- **Humour** → Pause before joking
- **Strategy** → Write down the next step only

Your strengths aren't random, they're your design.
When you use them with intention, you don't just perform better,
you feel better.