**Reflected Best-Self Exercise**

**Identify Personal Strengths**

1. Ask as many people as you need to receive thirty short stories describing you at your best.
2. The stories can be from any aspects of life: work-related, personal experiences, achievements, and other aspects, if they represent you at your best.
3. You can collect stories in different ways. You could ask six people to provide five stories each, ten people to provide three stories each, etc. Although the number of stories provided by each person is not significant, at least three people should provide stories to obtain different perspectives.
4. Select people who will be honest, fair and forthright.

2. Write three of your own strength stories.

Specify:

* What your role was in each story
* What happened/the context of each story
* What actions were taken
* The reasons behind the actions that were taken

3. Upon receiving all strengths stories, take time to read and reflect on each one individually.

For each story, answer the questions below (if applicable)

* How does each story describe you?
* What actions did you take?
* What strengths were portrayed?

4. Identify high-level patterns and themes from all stories.

Patterns are frequently recurring behaviors, actions, etc and can be found by looking for verbs, adjectives and nouns within stories. Themes are typically about your values and beliefs. Values are things you consider to be important in life. Beliefs are viewpoints and ideas that characterise you.

5. Compile findings and create an RBS Portrait.

Your RBS Portrait can be in written form, PowerPoint presentation, pictorial representation, quotes, video etc. The way you present your strengths is entirely up to you. To make the best use of your RBS Portrait:

* It should be in a format that allows you to refer to it at some point in the future.
* It should synthesise patterns and themes in a cohesive manner that is meaningful and important to you.