



Achieving confidence through identifying and using your strengths

Many people find it difficult to acknowledge their strengths but by focusing on strengths is a way of increasing confidence and finding value and meaning in what you do. It is often easier to increase the use of something you are good at, rather than to try to better something that you struggle with.

Here are a series of questions designed to help you identify your strengths.

- What is the best thing about you?
- What do you like most about yourself?
- What are you like when you are at your best?
- What or who brings out the best in you?
- What is your most significant achievement?
- How have your strengths helped you in the past?
- How can your strengths help you in the future?

Activity

Practice applying your strengths even more, finding new ways to use one of each strength each week.

Ask somebody you really trust and respect to answer these questions about you too. Remember, perception is reality – if they see these strengths in you, it must be true.