



# 5 tips for living a strengths-based life

By Carol Morley

**W**hen I moved to Australia over 10 years ago, I secured a job in an industry that everyone said was amazing, but where I never felt quite comfortable.

After a couple of years of grinding away, I began to doubt my abilities and found my negative self-talk getting louder. Feeling stuck in a deficit mindset of ‘how do I fix me, so that I fit in?’ I decided to engage a coach. This marked a pivotal point in my personal growth journey, not only with work, but in my way of being.

This coach introduced me to the power of strengths – our innate ways of thinking, feeling and behaving, the talents and characteristics that make us uniquely ourselves. There are many strengths-based tools, but we focused on two in particular – Clifton Strengths (personal strengths that show what you naturally do best, often in a work context) and VIA strengths (character strengths that, when used optimally, can help you flourish in life).

Learning about my strengths opened my eyes to the realities of the stress I was experiencing at work. It wasn’t about me being broken or not good at my job – rather, the organisation did not fit my values.

I learnt that my top strengths of Connectedness and Fairness mean that I thrive in teams that take positive action as a collective. Working in a business that rewarded short-term, individual gains over longer-term, sustainable improvements fundamentally challenged my core beliefs which is why every day felt like a battle.

This self-awareness provided me the courage to seek different employment. I moved into change management consulting where I felt I could deliver better outcomes for organisations and their people.

And two years ago, I took the step into entrepreneurship, establishing a business that helps women discover and amplify their strengths so that they can live more authentically with purpose.

If you want to harness the power of your strengths, I recommend starting with these 5 steps:

### DISCOVER YOUR SIGNATURE STRENGTHS

Begin by identifying your unique strengths. I suggest taking the VIA Character Strengths Test ([viacharacter.org](http://viacharacter.org)), a free, easy-to-use tool that focuses on personality traits. Once you've identified your top strengths, reflect on how they show up in your daily life. Knowing your strengths helps you tackle challenges, boost productivity, and improve wellbeing.

### EXPLORE YOUR STRENGTHS IN CONTEXT

Incorporate your strengths into your daily routine. For example, if your top strengths are creativity, leadership, and empathy, find ways to integrate them into how you work, have fun, and build relationships.

### PRACTICE STRENGTHS SPOTTING

We all have every strength to varying degrees. Regularly finding strengths in action helps you see how they work together and makes it easier to consciously access the strengths you need when you need them. Set goals for yourself to keep the strengths-spotting fresh.

### EMBRACE A GROWTH MINDSET

Understand that your strengths can evolve over time and become more powerful with focus. Challenge yourself to develop and refine your strengths, viewing obstacles as opportunities for growth.

## SHARE YOUR STRENGTHS

Research has shown that sharing strengths-related stories and positive experiences provides a wellbeing boost for both the sharer and the receiver. You may also inspire others to start their self-discovery journey. It's a win/win!

Embracing your strengths is an ongoing journey that takes time and practice, but it's 100% worth it. By understanding what truly fills your soul, you'll find more fulfillment, purpose, and joy in every aspect of your life. And if you want someone to share your journey with, just reach out – I'd love to hear from you!



**Carol Morley**

Carol Morley is co-founder and Moment Maker at Me Moments Inspired, a subscription box membership for women wanting to support self-discovery and growth in midlife. Carol shares her strengths journey to inspire others to know and celebrate their best selves. Life is too short to not live your truth!

