Exploring Your Strengths

A Reflective Exercise

Recognizing your strengths is a powerful step towards understanding yourself and living with purpose. Your strengths are the unique qualities and abilities that come naturally to you—whether it's creativity, problem-solving, empathy, or leadership. These strengths shape how you navigate challenges, pursue opportunities, and contribute to the world around you.

This reflective activity is designed to help you uncover and connect with your strengths before engaging with the Strengths Cards. By exploring your personal experiences, gaining insights from others, and reflecting on moments that energize you, you'll build a strong foundation for the next step: identifying and affirming your strengths using the cards.

The Strengths Cards offer a hands-on way to visualize and celebrate what makes you unique. Through this process, you'll gain a clearer sense of the abilities that define you and discover how to align them with your values and aspirations.

Take your time with this reflective activity—it's an opportunity to pause, look inward, and acknowledge the qualities that set you apart. Once completed, you'll be ready to dive into the Strengths Cards and explore how your strengths can guide you toward a more purposeful and fulfilling life.

Reflect on Your Best Moments

Think about times when you felt most accomplished or proud.

- What were you doing?
- What strengths were you using?
- How did it feel to use these strengths?

Example: Solving a tough problem at work may reveal strengths like analytical thinking or creativity. When Rachel organized a fundraising event, her strengths in planning and communication stood out. She felt proud knowing her efforts made a tangible difference.

Seek Feedback from Others
Ask a trusted friend, family member, or colleague:

- "What do you see as my greatest strengths?"
- "What abilities do I bring to the table in group settings?"
- Write down any recurring themes or surprising insights.

Consider Challenges You've Overcome
Reflect on times when you successfully navigated a difficult situation.

- What skills or traits helped you overcome the challenge?
- Did this experience reveal strengths you weren't aware of before?

For example, Mark struggled to adapt to a new job but relied on his strength in resilience to learn quickly and thrive in his role.

Identify Activities That Energize You
Think about tasks or hobbies that make you feel energized and engaged.

Emily feels energized when painting, a hobby that draws on her strengths in creativity and focus

- What strengths do you think you're using in those moments?

Strengths in Everyday Life

Consider your daily interactions and routines.

- What strengths come naturally to you in your personal and professional life?

Next Steps

Once you've completed this reflective exercise, you'll be ready to engage with the Strengths Cards. These reflections will help you recognize and affirm your strengths as you identify them.