

Self-Awareness and Style

Discovering Strength and Weakness



Today's objective: Learn now to identify your unique strengths, so that you can do more of what you're best at.

Proven research* shows that using your strengths accelerates performance, at work and in personal life.

We can't be good at everything, but when we do more of what we're best at, we thrive.

Signs of a Strength

Definition of a strength: *An activity that makes you feel alive, energized, passionate*

S	Success <ul style="list-style-type: none">• When you do it, you feel effective• People see you have a gift for this activity• You have earned recognition for this activity
I	Instinct <ul style="list-style-type: none">• Before you do it, you actively look forward to it• You find yourself stepping up to do this activity• This activity is a positive "gut reaction for you"
G	Growth <ul style="list-style-type: none">• While doing it, you feel inquisitive and focused• You often find yourself thinking about this activity• You can't wait to learn more about this activity
N	Needs <ul style="list-style-type: none">• After you you've done it, you feel fulfilled and authentic• It's fun to think back on doing this activity• Doing this activity is one of your greatest satisfactions



Book recommendation: Now, Discover Your Strengths (2001) by Marcus Buckingham & Donald Clifton

*** The StandOut Strengths Model is based on positive psychology research by The Marcus Buckingham Company. The research proved that by identifying each person's unique strengths, individuals can accelerate their performance, which increases organizational and personal performance.**



Love It / Loathe It Worksheet: A tool to help you see your strengths and weakness

? **Instructions: Reflect upon your previous week and make notes**

- Think about some of the day's activities.
- Write down how you felt doing that activity by noting them in the proper column.
- Made your notes specific enough so that you can remember the activity, who you were with, what you did.
- If you felt "strengthened" what were the signs?

Love It

Loathe it

Day 1

Day 2

Day 3

Day 4

Day 5



What would you consider to be 3 of your core strengths?

1)
2)
3)

What can you do to use your strengths more?

At work?

In your personal life?