

Exploring what energises you and crystallising your strengths, talents.

What do we mean by strengths?

“The underlying qualities that energise us, contribute to our personal growth and lead to peak performance” Brewerton and Brook, 2006

These prompt questions help you think about your strengths. If you haven't done this before, give yourself time to reflect and 'brew'. The intention is to trigger your thinking so that you are clear about your strengths and talents. When you are clear, this gives you more scope to seek out opportunities, which play to your strengths and result in more fulfillment. You'll also be able to articulate these to others more clearly.

Part 1:

Read the questions first and pick those that resonate with/ appeal to you (There's no need to slavishly answer them all. Unless you want to). Make notes as you consider each question. I recommend you simply note down (or even record if you prefer) exactly what you are thinking rather than trying to edit/ refine as you go.

- What are the most energizing/ invigorating things that you do?
- Where do you gain the most energy from? What sorts of activities?
- Think of a time when you think 'the real you' is most coming through. What were you doing? What was happening? What were you thinking and feeling?
- What gives you the greatest sense of being authentic and who you really are?
- Thinking about next week, what will you be doing when you're at your best?
- What sort of everyday things do you enjoy doing?
- What makes a really good day for you? Make notes about the best day you remember.
- When you are at your best what are you doing?
- When are you in flow? (think of a time when you got absorbed in something and lost track of time. Maybe you forgot to eat. This is being in flow – when what you are doing absorbs you and comes easily)
- What would you describe as your most significant accomplishment?
- What do others come to you for?
- What is your core talent?
- Do you have a vision for the future? What is it about?
- What are you looking forward to in the future?



Part 2

You may find it useful to wait a few days or come back to the questions again and make more notes. When you are ready, read through your notes and make a note of the themes and strengths that emerge. Why are these important to you? What do they give you?

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