

Activity: Identifying your own strengths

Using strengths at work in new and different ways is motivating and helps improve personal performance. Teams that understand the strengths that each worker brings to the group can foster connectedness and appreciation.

This activity helps leaders start with self-reflection and goal setting around their own strengths, and through this develop skills and confidence with a strengths-based approach that can be used with teams.

A strength is something that you love doing, gives you energy and that you are good at. It's more than a skill.

One free tool to further explore **universal** (broader than work) strengths is called the Values in Action Strengths Survey available at [VIA](#).

Exercise: Identify your strengths

List your five strongest attributes as a people leader.

Describe how these strengths help you perform well in your job (be specific).

MY TOP FIVE STRENGTHS AS A PEOPLE LEADER	HOW MY STRENGTHS ENHANCE MY PERFORMANCE

Put an asterisk (*) next to one strength that you think helps you most in your work and that you would like to build even further.

I would like to further strengthen: _____

This is important to me because: _____

Building upon this strength will help me in my work by: _____

Think about specific ways that you can work on building this strength.
I will do the following specific things to enhance this strength:

1. _____
2. _____
3. _____

I will know I am successful when: _____

I commit to working actively to enhance this strength. The first stage of this task will take place during the period of:

_____ (start date)

_____ (end date)