Exercise a: Identifying strengths

Why?

A negative self-image can lower your mood and narrow your life. When you understand yourself more broadly, you may discover new perspectives and opportunities.

In this exercise, you will identify your own strengths.

How?

Write your answers in the fields below.

Don’t overthink it. Even if you feel embarrassment or awkwardness, continue with the task. Don’t let your inner critic silence you.

By doing this exercise, you will learn to recognize your own qualities and special skills in a way that improves your well-being.

1. What are your best qualities?

What kind of person are you by nature? What traits of yours have led to positive outcomes?

For example: sociability, curiosity, speed, and the ability to ask for help. I also get along well with clients.

2. What are you good at?

What comes easily to you? When do you feel truly alive? What are you able to talk about confidently and openly while doing it?

For example: I'm a good parent. I do well in my hobby. At work, I'm good at coming up with ideas. My special skill is...

3. What interests you?

What do you do without anyone pushing you? What topics do you read about? What do you notice first?

For example: fixing/repair work, baking, all kinds of new scientific discoveries...

4. Where have you succeeded?

For example: I completed my education. I had the courage to seek help. I started exercising...

5. What would someone else say is your strength?

Ask if you're not sure.

For example: from the perspective of a family member, friend, teacher, or instructor.