**Identifying and using your strengths**

1. Give yourself 15 minutes to sit down and try to identify a list of all your strengths. Ask yourself: What am I good at? What makes me so good at that thing? What skills or attributes do I have? How do I contribute to others?
2. Now it is important to think about how you can use those strengths on a regular basis. Identify 5 of your strengths and work through the table below to see how you can use them throughout your week

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strength 1 | Strength 2 | Strength 3 | Strength 4 | Strength 5 |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |