

Evidence of My Strengths

Recall one or two ordinary situations you handled, even imperfectly. Small examples count. Notice help and circumstances as well as your actions.

1. Record two examples of a strength

Situation	My action	Strength	Support/context

2. Which strength do you tend to overlook? Where else could it be useful?

3. Use a strength deliberately

Strength and situation

Action I will try

What I will notice

Review date