

Now compare this list with the list of strengths you came up with, when you did the introductory exercise.

Write your top strengths on to the table below.

Write what it's like for you when you're doing that activity or expressing that aspect of yourself.



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My top strengths	What's it like when using it/doing it?
<p>Example:</p> <ol style="list-style-type: none">1. "Connecting with people"2. "Coming up with new ideas"3. "Having new experiences"4. "Organising"5. "Determination"	<p>"A buzz keeps me energised for days, makes me happy"</p> <p>"I can't sleep I get so wired up in a positive way"</p> <p>"Probably the most exciting aspect of my life"</p> <p>"Makes me feel calm, in control, settled"</p> <p>"I feel revved up and energetic when I am going after something I really want, whether it's something small like tickets for a show or something bigger, like a new job"</p>
<p>1</p>	
<p>2</p>	

<p>3</p> <p>My top strengths</p>	<p>What's it like when using it/doing it?</p>
<p>4</p>	
<p>5</p>	
<p>6</p>	
<p>7</p>	
<p>8</p>	



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