

USEFUL FOR:

Figuring out what you're good at and how to make the most of your most excellent qualities.



**DISCOVERING AND USING OUR
STRENGTHS**

Everyone has strengths, whether they know it or not. Working out **what you're good at** might seem tricky, but it's well worth the effort.

Why bother finding out your strengths?

Having an idea of what your strengths are can improve your health and wellbeing in some pretty major ways.

These can include your:

- › Motivation.
- › Energy levels.
- › Confidence.
- › Attitude when dealing with crappy situations.

Knowing what you're good at, and finding ways to use your strengths in everyday life, is a really simple way to boost your mood. It seems obvious, but everybody is at their best and happiest when they are focusing on the best parts of themselves.



What are your possible strengths?

It's important to know that your strengths are part of your personality. They're not related to how much you know, or the cool stuff you can do.

Scientists have listed 24 strengths that everyone has in different levels:

Curiosity	Bravery	Kindness	Fairness
Love of learning	Persistence	Leadership	Gratitude
Open-mindedness	Integrity	Self-control	Hope
Originality	Zest	Prudence	Sense of humour
Social intelligence	Ability to love/ be loved	Modesty	Spirituality
Perspective	Teamwork	Appreciation of beauty	Forgiveness

But where to start?

Check out some of the top tips you can use to help you figure out what your strong points are:

- › Ask people. Friends, family or teachers are sure to have some solid ideas on what your strengths might be.
- › Whether via a report card or a compliment from a mate, try to remember which parts of your personality have been celebrated by others.
- › Try to work out which parts of your personality helped you to succeed in your most recent achievement. Did it require self-control, bravery etc.?
- › When do you feel happiest and most like yourself? Many people find that they're happiest when doing what they're good at.
- › Take a free strengths quiz online and the hard work will be done for you. Winning.
<http://viacharacter.org/survey>

Once you've figured out your top strengths, keep them at the back of your mind and practice them whenever you can. Embrace them! Try to find activities that help you build on them even more. For example, if you're awesome at teamwork, try to find a team you could join.

To wrap up

- › Figuring out your strengths, and using them, has a bunch of perks in it for you.
- › There are 24 main strengths and everyone has each of them to different degrees.
- › After figuring out your top strengths, have a think about some of the ways you can use them every day.