



our Coaching Journey

## Strengths Exercise



**Comparing strengths  
in different  
areas of your life**

Purpose: To gain an increased awareness of your strengths by reflecting on how they appear in different parts of your life, and to explore new ways to use your strengths.

Directions:

1. Choose two different areas of your life to focus on, such as work and home.
2. Focusing on just one of these areas, sort through the strengths cards and pick out 8 cards that describe you at your absolute best in that setting.
3. Write down the strengths you have identified and reflect on the following questions:
  - How does each strength show itself?
  - How often do you use each strength?
  - How can you make better use of each strength?
  - How often do you over-use each of these strengths?
  - How can you manage that?
  - What do you notice about the mix of strengths?
4. For the second area of your life just follow steps 2 & 3 again.
5. Compare the strengths you use in one part of your life with the other:
  - What are the similarities?
  - What are the differences?
  - How could you use strengths from one area of your life in the other?
6. Reflect on the exercise.
  - What new thinking has this exercise generated for you?
  - What actions could you take to embrace your strengths even further?



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