



our Coaching Journey

## Strengths Exercise



**A picture of  
the future**

Purpose: To help someone have greater clarity around their life or career objectives, so that they can move forward with a greater sense of purpose.

Directions:

1. Imagine that you have been transported 10 years into the future. Spend a few minutes reflecting on how your career and life now look.
2. Take the strengths cards and sort through them, looking at either the words or photographs. Your aim is to choose up to 3 that reflect how you wish to be seen by others at that point (i.e. in 10 years' time). You might choose things that have a literal or abstract connection, it really doesn't matter.
3. Explore your choices, giving thought to the following questions:
  - What made you choose these cards?
  - What is it you would like others to recognise in you?
  - What will you be doing that shows these strengths in action?
  - What makes these qualities important?
  - To what extent do people see these strengths in you now?
  - What will help you develop and use these strengths over the next 10 years?
4. Make a note of any actions you might choose to take to move towards this future.



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