

Exercise: Strengths and Weaknesses

Exercise: Self-Reflection on Strengths

Here's a little exercise to help you identify them:

1. Three Words Description:

- Think about how your closest peeps - family, friends, partner - would describe you in just three words.
- Maybe it's something like: Thoughtful, enthusiastic, driven.

2. Proudest Qualities:

- Jot down three personal traits you're most proud of.
- Could be things like: Curiosity, reflectiveness, optimism.

3. Success Attribution:

- Think back on a past win. What traits of yours do you think made it happen?
- Maybe it was your vision, determination, humility - you get the idea.

4. Feedback Reflection:

- What positive feedback do you tend to get from colleagues or bosses?
- Common themes might be: Principled, quick learner, strategic thinker.

Exercise: Acknowledging Weaknesses and Triggers

Here's another little exercise to help you get real:

1. Inner Critic's Chants:

- What does that pesky inner critic of yours tend to say?
- Maybe it's stuff like: Easily distracted, overly concerned with others' opinions, hesitant to speak up.

2. Wished-for Gifts:

- If a fairy godmother could grant you three qualities you don't have right now, what would you ask for?
- Maybe it's unwavering confidence, clarity of thought, persuasive power - whatever you feel you need.

3. Personal Triggers:

- What situations or behaviors really get under your skin?
- Could be things like perceived injustice, people doubting your abilities, dealing with big egos.

4. Feedback for Improvement:

- Think about the most common suggestions you get from others on how you could be even better at what you do.
- Might be things like: Be more direct, take more risks, simplify your explanations.