



Second Expedition: Uniquely You – Strengths and Weaknesses

BEING AWARE OF YOUR STRENGTHS ALLOWS YOU THE OPPORTUNITY TO LET THEM WORK FOR YOU

Strengths are more than just what you are good at. They are also about what you love to do. Realizing your Strengths and Uniquely-You qualities provides you the ability to leverage them in beneficial ways, makes your life less stressful and more productive, and ensures you are always doing more of what you love! Identifying your weaknesses allows you the opportunity to minimize the roles they play in your life and to be okay with what you are not good at, because no one is good at everything. Let's limit the activities that fall outside your wheelhouse and redirect that energy to those that do!

Identifying Your Obvious Strengths

INSTRUCTIONS: Consider the scenarios below and what Strengths or Uniquely-You qualities stand out.

Think about experiences where you felt excited, happy, confident, in the zone and lose track of time. What strengths or unique qualities were you utilizing?

Think about social interactions and engagements where you felt satisfied, connected, understood, in the zone and lose track of time. What strengths or unique qualities were you expressing?

Think about things you are good at, that you enjoy, that energize you, hobbies, passions, interests. What strengths or unique qualities do you exercise that make these activities enjoyable for you?

List all other strengths or unique qualities that have come to mind as you've worked through these scenarios.

Unearthing Your Hidden Strengths

Many strengths are hidden underneath seemingly irrelevant abilities and skills. Let's identify some of your hidden strengths, those strengths and qualities you're not yet aware you possess.