

## SEEING YOUR STRENGTHS

In order to work out our direction in life, it can be useful to have a clear picture of our strengths. Our strengths can be things we have gained a lot of skill or experience in, or they can be qualities and traits and abilities that are simply part of our nature.

Once we have a clear picture of our strengths, it gives us something to build on and can help inform our vision for our best life.

But so many of us discount our strengths and can find it really hard to identify our own positive attributes. Even qualities that others recognise in us as valuable, we can brush aside as nothing special.

In this case, it can be useful to ask people that we **trust** and **respect** to provide us with feedback and to take it on, so we can start to build this important picture.

There are 5 simple steps to collecting, organising and using this feedback.

**STEP 1. SELECT** four people that you trust and respect to provide you with feedback. They should be people that know you quite well e.g. a parent, a sibling, an extended family member, a friend, a teacher, a coach, a neighbour, a workmate, a team mate.

**STEP 2. ASK** them to provide you with the feedback. Print out and provide them with a copy of the 'Please Give Me Some Feedback' sheet. Give them a deadline within a few days so you don't have to wait too long and lose momentum.

**STEP 3. GATHER** the feedback that has been given and input all of it into the 'Gathering Feedback' sheet so it is all in one place.

**STEP 4. INTERPRET** the feedback by identifying the common themes that stand out plus some interesting outliers that draw your attention and interest.

**STEP 5. CONSIDER** this feedback when you are envisioning your best life. What is this telling you about yourself? How can you use and build on these strengths as you move forward in your life?

The whole process shouldn't take longer than a week. This is time well worth investing as you might be pleasantly surprised by some of the feedback you receive and you could find it highly useful as you are working out the direction for your life.

Go Well!

## PLEASE GIVE ME SOME FEEDBACK

Hi there \_\_\_\_\_,

I am in the process of working out my life direction. I have completed a quiz produced by an organisation called Yes Quest International that I found useful. If you are interested, you can check it out at [www.yesquest.org/quiz](http://www.yesquest.org/quiz).

They suggested that it might be useful for me to get a clear picture of my strengths. They proposed that one way to do that was to seek out feedback from 4 people in my life that I trust.

You are one of those people.

To help me get a picture of my strengths, could you please answer the following questions and get this back to me by \_\_\_\_\_.

I really appreciate your support and input.

Thanks!

**1. MY PERSONAL QUALITIES.** Please pick the top 6 positive qualities that best describe me (tick the box next to the qualities you have chosen. If you want to include a quality that is not listed, simply write it into one of the 'other' boxes).

|               |  |          |  |              |  |             |  |
|---------------|--|----------|--|--------------|--|-------------|--|
| Authentic     |  | Fair     |  | Curious      |  | Helpful     |  |
| Compassionate |  | Flexible |  | Assertive    |  | Courageous  |  |
| Confident     |  | Focused  |  | Trustworthy  |  | Independent |  |
| Creative      |  | Generous |  | Determined   |  | Caring      |  |
| Decisive      |  | Honest   |  | Friendly     |  | Positive    |  |
| Energetic     |  | Kind     |  | Enthusiastic |  | Industrious |  |
| Patient       |  | Original |  | Responsible  |  | Versatile   |  |
| Dedicated     |  | Loyal    |  | Peaceful     |  | Thoughtful  |  |

*Others*

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**2. MY LEARNED SKILLS.** Please identify 4 – 6 skills that you think I am competent in and passionate about, that I have learned in this lifetime e.g. dancing, bee keeping, driving, mathematics, public speaking, gaming, flower arranging....

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| 6 |  |

**3. MY NATURAL ABILITIES.** Please pick the top 6 natural abilities that you think I possess (tick the box next to the abilities you have chosen. If you want to include an ability that is not listed, simply write it into one of the 'other' boxes). NB A natural ability would be something I have come in with rather than something I have necessarily learnt during this lifetime.

|              |  |                 |  |               |  |             |  |
|--------------|--|-----------------|--|---------------|--|-------------|--|
| Artistic     |  | Humorous        |  | Spiritual     |  | Athletic    |  |
| Entertaining |  | Social          |  | Communicative |  | Practical   |  |
| Leading      |  | Problem-solving |  | Just          |  | Adventurous |  |
| Analytical   |  | Musical         |  | Clever        |  | Empathetic  |  |
| Inventive    |  | Logical         |  | Inspirational |  | Organised   |  |
| Persuasive   |  | Observant       |  | Precise       |  | Respectful  |  |
| Resourceful  |  | Wise            |  | Strategic     |  | Visionary   |  |
| Spontaneous  |  | Collaborative   |  | Thrifty       |  | Open-minded |  |

Others

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**4. MY EXPERIENCES.** Please list 3 experiences that you know I have had that have developed me as a person and contributed to making me who I am e.g. travelled and visited other cultures, worked in hospitality, performed in a circus, being the oldest of five children, volunteered in an aged care facility.

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1. **EXTRA** If there is anything else you want to add regarding my strengths, please do so here.

Thanks for taking the time to help me find my future direction!

# GATHERING FEEDBACK

Gather the feedback that has been given and input all of it into this sheet so it's all in one place. Then you can explore what it means.

**1. MY PERSONAL QUALITIES.** Place a dot in the box next to the positive qualities that have been identified. Then add them up and write the number in the box.

|               |  |          |  |              |  |             |  |
|---------------|--|----------|--|--------------|--|-------------|--|
| Authentic     |  | Fair     |  | Curious      |  | Helpful     |  |
| Compassionate |  | Flexible |  | Assertive    |  | Courageous  |  |
| Confident     |  | Focused  |  | Trustworthy  |  | Independent |  |
| Creative      |  | Generous |  | Determined   |  | Caring      |  |
| Decisive      |  | Honest   |  | Friendly     |  | Positive    |  |
| Energetic     |  | Kind     |  | Enthusiastic |  | Industrious |  |
| Patient       |  | Original |  | Responsible  |  | Versatile   |  |
| Dedicated     |  | Loyal    |  | Peaceful     |  | Thoughtful  |  |

*Others*

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**2. MY LEARNED SKILLS.** Write the identified skills in to the boxes. If the same skill is repeated more than once, do the dots and write in the number in the small box.

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**3. MY NATURAL ABILITIES.** Place a dot in the box next to the natural abilities that have been identified. Then add them up and write the number in the box.

|              |  |                 |  |               |  |             |  |
|--------------|--|-----------------|--|---------------|--|-------------|--|
| Artistic     |  | Humorous        |  | Spiritual     |  | Athletic    |  |
| Entertaining |  | Social          |  | Communicative |  | Practical   |  |
| Leading      |  | Problem-solving |  | Just          |  | Adventurous |  |
| Analytical   |  | Musical         |  | Clever        |  | Empathetic  |  |
| Inventive    |  | Logical         |  | Inspirational |  | Organised   |  |
| Persuasive   |  | Observant       |  | Precise       |  | Respectful  |  |
| Resourceful  |  | Wise            |  | Strategic     |  | Visionary   |  |
| Spontaneous  |  | Collaborative   |  | Thrifty       |  | Open-minded |  |

*Others*

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**4. MY EXPERIENCES.** Write the identified experiences into the boxes. If the same experience is repeated more than once, do the dots and write in the number in the small box.

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**EXTRA** Add in anything else that has been identified that you find relevant

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## WHAT DOES THE FEEDBACK MEAN?

Make sure you have two different coloured pens/ highlighters  
Have a good look at the 'Gathering Feedback' Sheet and do the following:

1. With one coloured pen, circle the top 6 – 10 themes that received the highest scores
2. With a different coloured pen, circle 4 - 6 outlier themes.  
NOTE: These are themes that may have had only one vote, but they draw your attention, interest and even excitement.

Now, that you have this emerging picture in front of you, take the time to do some reflection and even take some notes while answering the questions below.

**You're almost done, but this last step is the most important!!!**

- What is this telling me about myself? -

- How might I use and build on these strengths -  
as I move forward in my life?

Take the time to write and think about these questions so you can start to design your life around them!