



Super Powers

Are you maximising your Strengths?

Use it or lose it!

This is never more relevant than now.

A while ago a hobby of mine was competitive sport and this passion lead me as a Coach and Therapist to discover more about Human agency, my strengths and motivations to do what was at times very hard.

Strengths discovery lead me to a deeper appreciation of How I naturally prefer to create, think feel and do in the world and actually get things done with less effort.

Here are a set of strengths questions assisting you to build on your own strengths and take next steps toward mastery.

My preference is Gallup Strengths and these questions apply to your personal assessment preference.

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Coach | Therapist | Leadership | People, Culture & Change Transformations.

Strengths discussion questions

1. Although some of our strengths are obvious to us, others go unnoticed. You can often spot your “invisible” strengths by noticing the things that energize you. Thinking about this past week, when did you feel most energized? What strengths were you using?

2. Think about a few of your favorite hobbies or activities. What is it about these activities that you enjoy? How do these activities put your strengths to use?

3. Sometimes other people are better at spotting our strengths than we are. Because we are so used to our own strengths, they can start to feel ordinary or unspectacular. What strengths or positive qualities have others shared about you? How did they notice these strengths?

4. In what parts of your life have you had the most success? Don't think of success only in terms of career or income -- think of success as anything you have achieved, such as friendship, knowledge, or happiness. What about yourself has allowed you to be successful in these areas?

5. Imagine a time you felt you were at your best. Describe what you were doing, and what about that situation made you feel confident. Compare this to a time when you felt uneasy, or a time you were not confident. What are the differences?

6. Think of someone whom you admire or respect. What are this person's greatest strengths? How do you know? Do you share any of these strengths?

7. Situations that rely on our weaknesses can leave us feeling drained and exhausted. What sort of situations cause you to feel this way? What weaknesses might be at the root of this?

8. When a person's goals align with their strengths, they tend to put forth more effort, and are more likely to be successful. Think about some of the goals you have for your future. How can you utilize your strengths to achieve each of these goals

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