

Your Strengths & Talents



Owning what makes you uniquely powerful

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Many of us are better at naming our weaknesses than our strengths. This session is an invitation to look squarely at your gifts, the talents that come naturally, the strengths you take for granted, and begin using them on purpose.

Your Strengths and Talents

You are not a finished product to be judged. You are a living, growing being with unique gifts. Some of your greatest strengths are still waiting to be named.

Take the free VIA Character Strengths Assessment:

<https://www.viacharacter.org/>

The VIA survey identifies your top signature strengths. Take it before this session and bring your results.

My VIA Signature Strengths

List your top 5 signature strengths from the VIA assessment. For each, note one way it shows up naturally in your life.

Strength 1:

Strength 2:

Strength 3:

Strength 4:

Strength 5:

Hidden Strengths I Have Been Minimising

List strengths you have but tend to discount or take for granted (e.g. "I'm just being kind" - kindness is a strength).

The STAR Tool: A Strength Story

Choose a time you did something you are proud of and identify the strengths you used.

Situation: Briefly describe the context.

Task: What did you need to do or achieve?

Action: What did you specifically do, and which strengths did you draw on?

Result: What was the outcome for you and/or others?

Limiting Beliefs About My Strengths

What do you tell yourself that stops you from fully owning your strengths? Then write the reframe.

The limiting belief:

The reframe (what is actually true):

5 Ways I Will Leverage My Strengths This Week

Be specific. How will you intentionally use your unique gifts in real situations?

Reflection Questions

1. Which strength felt most uncomfortable to name as your own, and why?

2. Who in your life has consistently recognised strengths in you that you struggle to see?

3. How might you be unconsciously hiding your gifts? What would it mean if you stopped?

4. Which strength, if amplified, would have the biggest positive impact on your life?

My Notes
