



# FINDING YOUR strengths

When you think of your strengths, what comes to mind? Initially, you may think of your physical strength, but what about the things you are good at, that come easy to you, or that others admire about you.

Your strengths are your talents, skills, knowledge and even your quirks. The best part is, they are the qualities and characteristics that make you uniquely you—and they are different for everyone!

You can use your strengths to positively contribute to your day-to-day life and relationships, while helping you to achieve your personal and professional goals. How do you know what your strengths are?

You may be able to start recognizing your strengths by identifying...

- What you love to do
- The interests, hobbies or activities that energize you
- What comes easily to you or that you've excelled in since childhood

Delving into and harnessing our strengths help us feel motivated and engaged in our work and contributes to our overall well-being. Research tells us that people who use their strengths have lower levels of depression and stress, and higher levels of energy and confidence. Discovering and maximizing your strengths is one of the most powerful tools you can apply to almost every aspect of your life.



What makes you  
different or weird,  
that's your strength.

– MERYL STREEP



## Self-Care Tip

**Learning your strengths helps you to fully understand and accept yourself.**

After spending time identifying your strengths, you may find you have more self-compassion as well as empathy for others. Try a self-care activity this month that allows you to use your strengths in a way that you enjoy and leaves you energized.



## Wellness Tip

**Looking for ways to use your strengths at work?**

Check out the **Finding Your Strengths** wellness activity for ideas on how to recognize and maximize your (or your coworkers') strengths and bring your team connection to a whole new level.



## IDENTIFYING YOUR STRENGTHS

Identifying your strengths may sound like a daunting task but it doesn't have to be! Use the ideas below to get started.

### TAKE INVENTORY

Look back at various experiences related to work, volunteering, hobbies and your other interests. What comes easily to you or what do you enjoy the most? Are there any common themes that you haven't previously considered?

### GET CURIOUS

What excites you to learn more? Think about the skills or interests you would like to grow or develop in your personal or professional life.

### ASK A FRIEND

Ask a friend, coach, colleague, or family member to help identify your strengths. Sometimes an outside perspective can recognize something that you wouldn't necessarily see in yourself.

### TAKE AN ASSESSMENT

There are many free online tests available that can help you identify your strengths. Check out your Employee and Family Assistance Program or search for free strength assessments online to find one that is right for you.

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### SOURCES

ALIS Alberta. (2020, August 19). **Recognize Your Strengths.**

Psychology Today. McQuaid, M. (2014, November 11). **Ten Reasons to Focus on Your Strengths.**

VIA Institute on Character. (2021). **Strengths Basics.**



### Community Connection Tip

**Your strengths can go far beyond the workplace. What hobbies and interests do you have outside of work?**

Check out your local recreation or leisure centre for opportunities to build your skills. From crafting to writing to joining a badminton league, you'll likely find a new skill and maybe even a strength you didn't know you had.