

# Exercise



My proudest strengths are...



I'd be lost without my strengths in...



I'm at my best when...



People like my...



And not so much my...



One thing I want more of...

# Self-Launch: Strengthening your career

1. **Consider your most successful and rewarding projects and roles? How did your realised strengths help you achieve this?**



Consider which strengths have led to the most successful moments in your life and which leave you feeling proud. Identify the ones that will be key to your future, even if you don't know how yet.

2. **Consider times when you have struggled with tasks or job roles? Can you identify what you were fearful or unsure of in these situations (weaknesses)?**



Identifying your weaknesses lets you know what careers/course choices may NOT suit you.

3. **Which strengths are critical for you to use in future course choices or job roles?**



Consider the strengths that are core to you. This will help you when deciding on possible course choices or job roles.

4. **Choose one unrealised strength. How can you start using this strength now and into the future?**