



At my best

Type: Individual
Card Side: Words
Duration: 30 mins

Why do it?

Build self-awareness by reflecting on the strengths you show in different parts of your life. Find new ways to use your strengths.

What you'll need:

A full pack of At my best® strengths cards.

Notepaper.

Tell us...

Do you have any suggestions about this exercise? We'd love to hear your ideas for making it even better or adapting it to suit particular circumstances or audiences.



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Comparing life domains

1. Choose two different areas of your life to focus on (e.g. work, home, community or social).
2. Focusing on just one of these areas, sort through the strengths cards and pick out the words that describe you at your absolute best in that context.

To keep it manageable, aim for between 5 and 10 cards.

3. Make a note of the strengths you identified and reflect on the following questions:
 - How does each strength show itself?
 - How often do you use each of them?
 - How can you make better use of them (e.g. to help others)?
 - Do you ever risk over-using any of them? How can you manage that?
 - What do you notice about the mix of strengths?
4. Repeat steps 2 & 3 for the second area of your life.
5. Compare the strengths you use in one part of your life with the other:
 - What are the consistencies?
 - What are the differences?
 - Are there strengths from one part of your life that you could make better use of in another area? What would that look like?
6. What opportunities has this exercise raised? What actions can you take which will help you get even more value from your strengths?

Tip: You might find it interesting to ask what strengths other people see you using. Try asking people from each part of your life to pick out the cards they think describe you at your best. See [Exercise 2 \(Strengths 360\)](#) for more details.