



At my best

Type: Individual
Card Side: Words
Duration: 20 mins

Why do it?

Take a planful approach to dealing with an upcoming challenge by considering how you might use your strengths to best effect.

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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Planning an approach

1. Thinking about a challenge or issue you are facing (e.g. a project or piece of work) sift through the strengths cards and pick 5-8 words that represent strengths you have that could be useful in the situation.
2. Take each strength in turn, think about the challenge in detail and ask yourself:
 - How will this strength be useful?
 - How specifically will I use this strength in this situation?
 - When specifically will it be useful? Why?
 - When I am demonstrating this strength, how will that be visible to others? What will the outward indicators be of me using that strength?
3. Do you have any specific concerns about the challenge? How can you use the strengths you have identified to help you overcome those concerns?
4. Take notes on your reflections and use them to plan how you are going to approach the challenge.

Tip: Think of a way to keep the strengths you have reflected on front of mind when you are facing your challenge. For example consider putting the strengths cards you have chosen in some prominent place where you will keep seeing them.