



At my best

Type: 1-to-1
Card Side: Photos or Words
Duration: 20 mins

Why do it?

Help someone get greater clarity around their life or career goals so they can move forward with a greater sense of purpose.

What you'll need:

A full pack of At my best® strengths cards.

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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A picture of the future

1. Ask your partner to imagine that they have been transported 10 years into the future. Encourage them to spend a few minutes reflecting on how their career and life now look.
2. Give them the pack of strengths cards and ask them to sort through them, looking at either the words or photographs. Their aim is to choose up to 3 that reflect how they wish to be seen by others at that point (i.e. in 10 years' time).

They might choose things that have a literal or abstract connection, it really doesn't matter.
3. Explore their choices, using questions such as:
 - Why did you pick these cards?
 - What is it you would like others to recognise in you?
 - What will you be doing that shows these strengths in action?
 - Why are these qualities important?
 - To what extent do people see these strengths in you now?
 - What will help you develop and demonstrate these strengths over the next 10 years?
4. Encourage them to note any actions they can take to move them towards this future.

Tip: Remember that prints of all the At my best® photos are available from atmybest.com/shop. So, if a particular photo resonates, they can buy an acrylic block to keep on their desk as inspiration.