

FIND YOUR STRENGTHS



3WH

Step 1:

List all of the things you do easily and well without thinking.

Step 2:

If you were to ask your boss, former headteacher, parent or best friend about your best qualities, what would they say?

Step 3:

If you had a problem, what skills or strengths would help you find a solution?

Step 4:

What skills or strengths helped you get your current job?

Step 5:

In what circumstances do people turn to you for support, advice or expertise?

Step 6:

What tasks or activities do you find really easy?

Step 7:

What skills have you learned and how do they help you in your role?

Step 8:

What qualifications have you gained?

Step 9:

What awards or recognition have you had and why?

Step 10: Complete these sentences

In a crisis I automatically...

When I need to get something done quickly I simply ...

