

Pondering Point

Many of us are quick to identify our weaknesses. Recognizing them is one thing; focusing on them can break us down and make us feel worthless. *Why not identify and call on our strengths to build us up instead?* The more we use our strengths, the more we find success and the more competent we feel!

The point is not to ignore the areas we can improve, rather to call out and spend our energy on the areas in which we excel. We all have special talents and are unique individuals. Many of us downplay these talents and skills for fear we will be viewed as less than humble. Identifying our natural talents and using them to help others realize the value of tapping into our personal strengths, helps us become better role models. **Capitalizing on our strengths builds our self-confidence and allows us to see how we can help others.** *Are we using our talents in everyday life?* If our talents are gifts, we will feel good giving them to others.

What are your STRENGTHS?

We're all good at something, right?



Imagine... pouring more of our energy into our strengths and enjoying more out of life.

— From Pondering to Practice —

Activity:

Try This - Learn what your strengths are!

Take this [FREE SURVEY](#) from [VIA Institute on Character](#), which is the world's most scientifically validated tool for measuring character strengths. It identifies the top five signature strengths you most frequently express.

- Take this as part of a group exercise and discuss what others think about your strengths.
- While sharing with others, take note of others' strengths that may benefit you in areas that you need to develop.
- Celebrate the balance that can be created by sharing with others!

Reflection:

- Make two columns on a piece of paper labeled: **My Weaknesses** and **My Strengths**.
- To recognize your weaknesses, think of the things that totally turn you off (don't let fear taint your assessment).
- To recognize your strengths, think of what you enjoy and what comes easy to you.
- After you get a good list started of your strengths, continue to focus on those.
- How can you use these strengths today?

To learn more about Building Self-Confidence and finding your strengths, visit our website at www.charmmdfoundation.org/QT&T Attitude.

"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."

Thomas Kinkade