

Strengths – an A to Z of things about you which you might find helpful ... ARE YOU:

Assertive	Can you say what you want with confidence?
Brave	Can you feel the fear and do it anyway?
(A) Communicator	Can you listen to other people and get your message across in a clear way?
Down to earth	Can you apply common sense to any situation?
Energetic	Can you bring your natural enthusiasm to whatever you are doing?
Friendly and cheerful	Do other people like having you around?
Good with your hands	Are you practical, making or mending things?
Hard working	Can you get on with the job in hand?
Interested in something	From computers to surfing; from dressmaking to jewellery?; from gardening to building; What's your thing?
Just	Are you fair minded and want to see equity in life?
Kind	Are you generous, modest, caring and compassionate?
(A) Leader	Can you organise a group of people to get things done?
Motivated	Are you someone who has the get up and go to get something done?

Noticing the detail	Can you see those little things other people easily overlook?
Open Minded	Can you accept different ideas and ways of thinking and doing things?
Punctual	Can you arrive at the time you say you will?
Quite wise	Do people look to you for advice or your views about what's going on in the world?
Resilient	Can you bounce back after things go wrong?
Someone who is helpful	Do you like being of service to other people
Trustworthy	Can People rely on you?
Understanding of others	Do you know what makes people tick?
Very good at something?	Do you know what you are good at? Computers? Gardening? Building? etc
Warm and genuine	Do you value close relationships?
Xercising self control	Can you manage your impulses and emotions?
Funny	Do you have a sense of humour and can make other people smile?
Zestful	Can you be enthusiastic and energetic?