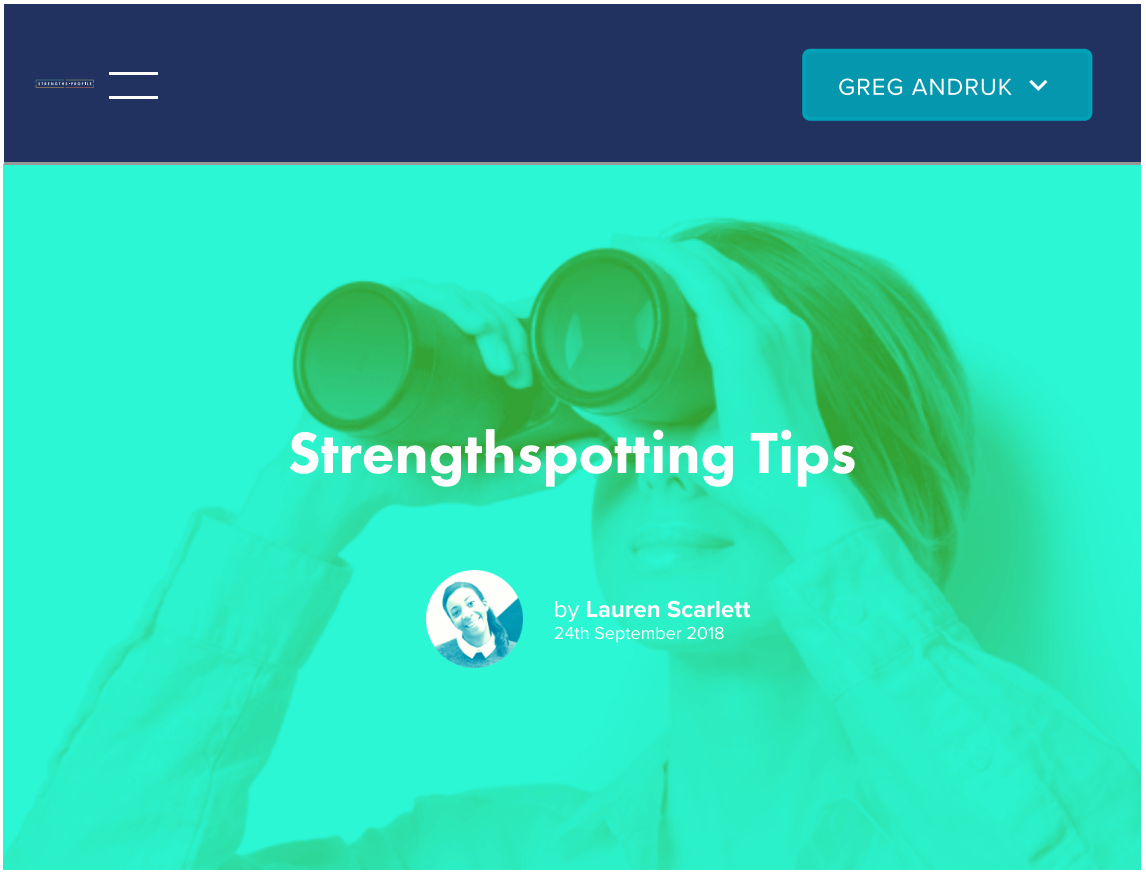

Leveraging strengths in ourselves and others is the best way to thrive.

It's both enlightening & rewarding, and a great way to bring to life our understanding of strengths. But before you can leverage your own and other strengths, you'll need to know what they are.

Here's a few tips and reflective questions to help you strengthspot.

Something beginning within:

- What gives you an energetic buzz when you are doing them? These activities are very likely calling on your strengths.
- What do you remember doing as a child that you still do n most likely much better? Strengths often have deep roots fr ur earlier lives.

- Notice what activities come naturally to those around you, what do they excel at without even trying? These will likely be their strengths.
- What tasks have they picked up quickly, learning them almost effortlessly? Rapid learning often indicates and underlying strength.
- Monitor their tone of voice. When you notice a shift in passion, energy and engagement, they're probably talking about a strength.

If you'd like to read more about developing your strengthspotting skills, check out our new **Be your best SELF Model** to help guide you on the strengths journey!

ABOUT THE AUTHOR

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