

## What are my own personal strengths?

Strength is something that you are good at, often a task or action that you can do well. These include talents, knowledge and skills.

### Everyone has strengths

There will be lots of things that you are naturally good at. The activities in this section walk you through a few ways to help you identify your own strengths.



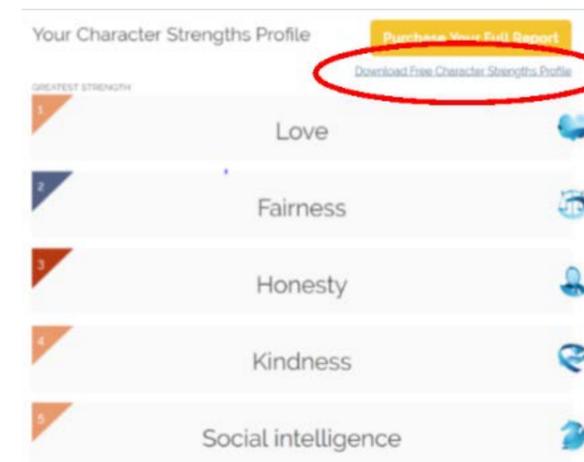
#### Remember

There might be some overlap between your strengths and values, which is only natural. Something that you value is something that you're good at.

## Activity: Uncover your strengths (survey)

Take this survey ( <http://www.viacharacter.org> ) to identify what your character strengths are.

Find out what positive traits come most naturally to you and embrace the characteristics that you might not realise you have.



You can create an account and take the free survey. After you finish, the website will give you your own personal 'Character Strengths Profile', which will look like the example screenshot.

Use the box below to write down your top 5 strengths from the survey.

### My top 5 character strengths and what they mean



#### Remember

Now you know some of your key character strengths, try practicing and applying them to your everyday life more!

Check out [this blog post](#) for some tips on how to do that.

## Activity: Uncover your strengths - a moment of reflection

- When was a time that you felt you were successful? Were you successful because of something you did? What strength did that show?
- When was a time you felt you were good at something? What was it you felt good at? What sort of strength did that demonstrate?
- When was a time you felt strong, energised or confident? What was it that you were doing?

Use the box below to write down your answers and thoughts.

If you are struggling to think of the types of strengths you could have, read through the 'Strengths Profile' document and think which ones reflect you and what you are good at.

## Explore what you like

### The job you do is your choice!

This section will help you kick start your job search and give you some ideas of the type of job you could look for. The following activities have some questions to ask yourself and get you thinking about what type of job you want to do.

It doesn't have to be the perfect job yet - all jobs build valuable experience and skills!

- Check out the [Employment Contracts](#) section to help decide what type of job is right for you



### Career Radar

Career Radar can help you find careers that match your character and personality and give you some inspiration! Go to this link (<https://careerradar.org/login>) & set up an account.

## Activity: What do you enjoy doing?

- Are you a people person? Do you like helping and speaking to people?
- Are you a practical person that likes working with their hands?
- Would you prefer to work outside, in an office or in a shop?
- Do you like working in teams, by yourself, at a computer or not?

Use the box below to write down your answers and thoughts.

Once you have an idea of what you would enjoy doing, think about the types of jobs where you can do that. For example, if you like working with your hands, building, decorating or gardening may be a good place to start looking for jobs. If you prefer helping and talking to people, then a customer service job may be better.



### Tip

Use the sector guides to give you an idea of the variety of jobs out there that you might enjoy

## Activity: What are your priorities?

- Do you want to work in a certain location, or distance from home?
- Do you want to work a certain number of hours? Part-time, full-time, flexible hours?
- Do you want to work for a certain type of company? A large company where you can move roles? A small company where you gain more experience and responsibility faster? A well-known company? What is the right company culture for you?
- Do you have a minimum amount you want or need to earn?

Use the box below to write down your answers and thoughts.