

ACP | THE CAREER RESET

YOUR STRENGTHS



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THE CAREER RESET

Define Your Strengths



When it comes to strengths and career, everyone's got an opinion. But the only opinion that matters is yours.

You can be good at whatever you want to be good at. Even if an assessment said you're not. Even if a parent said you're not. Even if a boss said you're not.

All those opinions are good insight for you, but they don't have to be true. You can decide what you want to be good at. And then you can start practicing beliefs that allow you to 'get good' at whatever you want,

E.g.

I believe I'll be a good presenter if I practice

I practicing becoming an inspiring presenter

I'm open to believing that I can be a good presenter one day


The definition of strengths that covered in the video were;

- Something you're naturally good at?
- Something that makes you feel strong?
- Something YOU think is a strength?

Use the questions in this workbook to help you explore what you believe are your current strengths and future strengths.

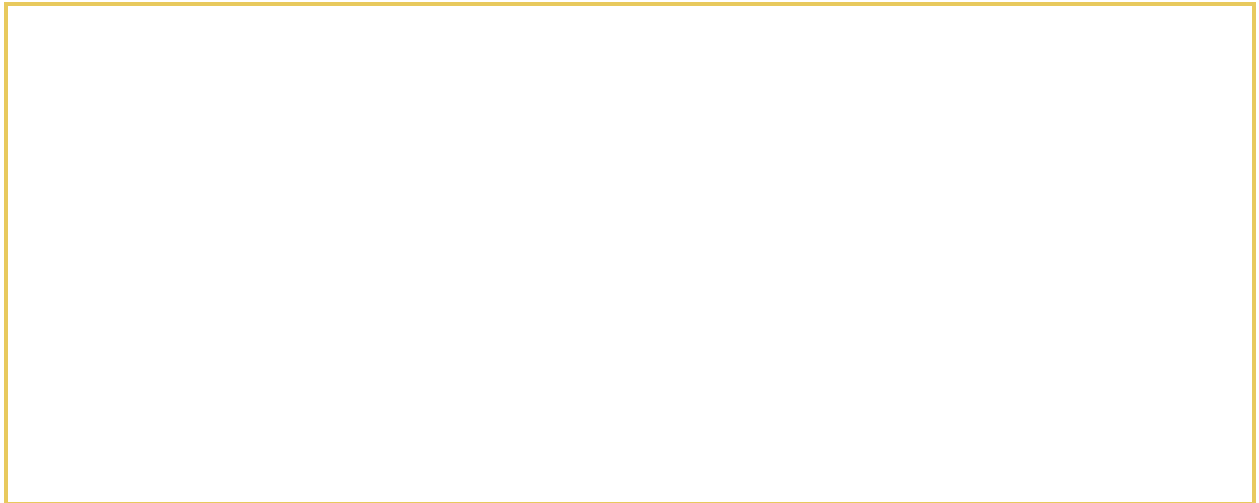
WHAT DO YOU THINK YOUR STRENGTHS ARE?

Use all your past evidence (reviews, assessments, experience, what people say to you, etc.)



WHAT HAVE YOU LOVED DOING YOUR WHOLE LIFE?

Beside each thing, write down how you feel when you're doing it. Feelings are one word, e.g. CALM, EXCITED, INSPIRED, etc.



WHAT ARE THE THINGS YOU WOULD LIKE TO BE SKILLED AT OR ENJOY DOING?

It can be anything. Think of things you've wanted to do but never tried. Areas you would like to improve in. Things you wish you liked doing, but right now you don't love it.

Then beside each thing, write down a thought you have about doing that thing.

Eg:

Presenting in front of a group. Thoughts: I want to throw up. I'm not a good presenter. I'm boring. etc.



THINK ABOUT A PERSON YOU ADMIRE. WHAT STRENGTHS DO THEY HAVE THAT YOU WOULD LIKE TO HAVE?

Remember that you don't have to do it exactly like them. Don't let your differences in style stop you from thinking you can also have that strength.



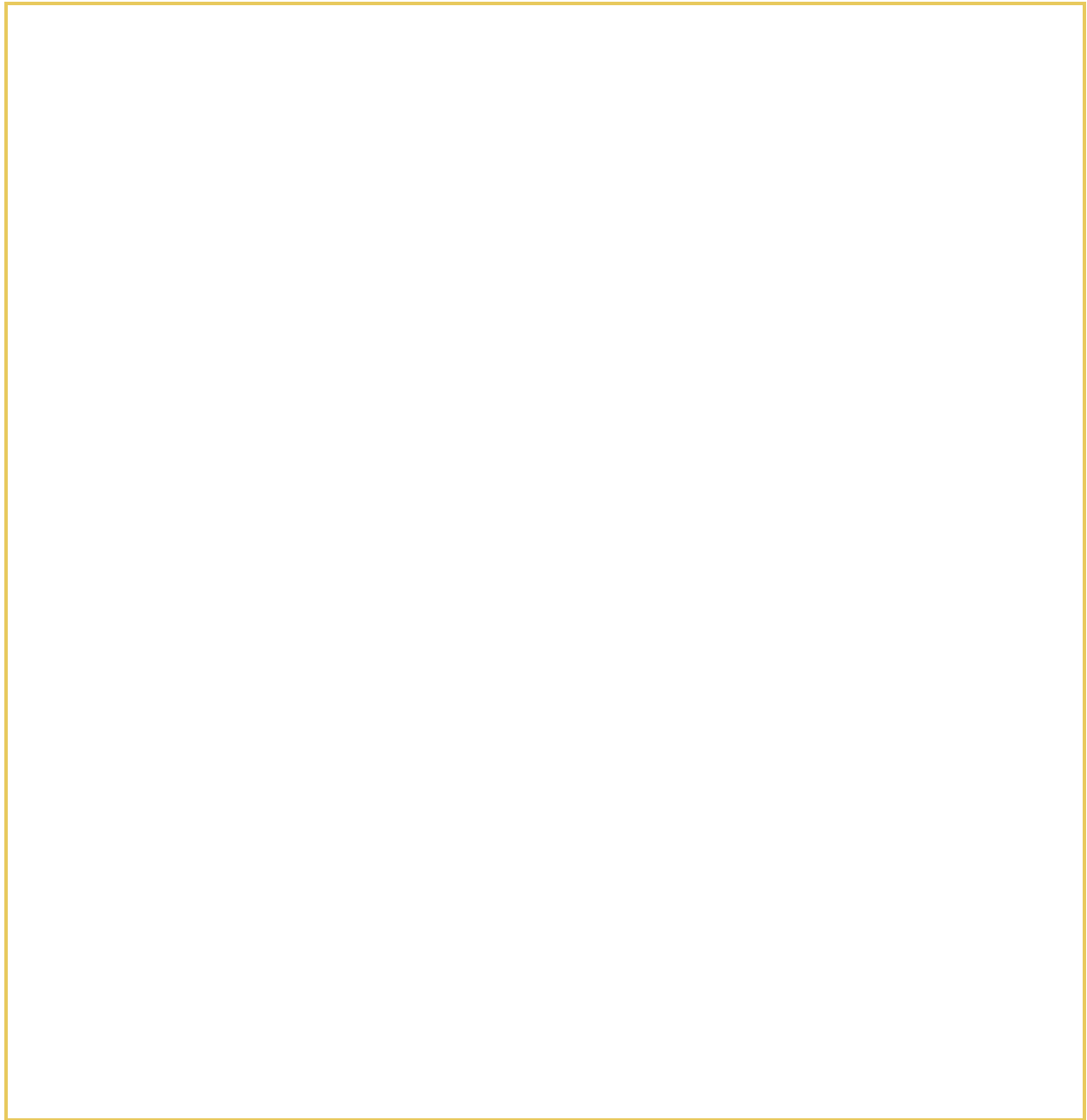
WHAT DO PEOPLE TELL YOU YOU'RE NOT GOOD AT, BUT SECRETLY, YOU THINK YOU ARE?

And then beside each thing, write down why you think why people don't notice your strength.



WHEN YOU THINK ABOUT THE FUTURE VERSION OF YOU, WHAT ARE YOUR STRENGTHS?

Let go of what you currently think you can and can't be good at, or what you can't do today. Imagine everything is possible. Based on the future version of you that you're creating, what are the strengths of the future version of you?



DAILY EXERCISE #5:

Based on all your answers/thoughts so far, categorize your current and potential strengths in the following buckets. Don't worry if a strength appears in more than one place.

Strengths you currently have that you want to amplify	Skills you want to develop into strengths	Strengths you want to believe you have
		<i>In this area - list the strengths you want but don't believe you could ever have.</i>

Daily Journaling Prompts



It is recommended to get into the habit of journaling every day. The purpose of journaling is to teach you to get aware of your thoughts.

Some people think they can become aware of their thoughts without journaling. **That is a thought error.** The act of writing down your thoughts releases thoughts below the surface; thoughts that you didn't know were there.

Most people avoid journaling because they don't want to explore their thoughts. It can be an uncomfortable process. But remember DISCOMFORT IS THE PRICE OF YOUR GOAL. We don't grow without discomfort.

If you are someone who's never journaled before, start slowly. Journal for 3-5 minutes a day. Use the prompts to help you get started. And don't worry if your sentences make sense or if there is structure to your thinking.

Just write.

DAY 1: What thoughts came up for you after watching the video?

DAY 2: Pick something you think is one of your 'weaknesses' and download your thoughts about that 'weakness'.

DAY 3: What is a thought you often have about your career. Why do you think that?

DAY 4: What thoughts did I notice this week that got in my way?

DAY 5: Pick a situation where you didn't show up the way you wanted to. How did you behave? What feeling was driving those behaviours? What thoughts drove that feeling?

DAY 6: What do you totally love about yourself? Why do you love it? What are some of the thoughts you have while you're doing it.

DAY 7: What do you currently believe about yourself that makes you feel confident that you will reach your career goals?