

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Getting To Know Our Strengths

IDENTIFYING YOUR STRENGTHS:

Many of us were raised to think acknowledging our strengths is somehow conceited or boastful. However, knowing what we're inherently good at enables us to show up more effectively – to serve our company, community, and everyone else around us.

To get to know your strengths:

- Find a quiet place to contemplate. Call to mind a time when you really excelled at something. This could be at work, at home, or anywhere else. Write down anything that comes to mind.
- For each situation you've identified, consider the following: *What were the qualities I embodied at the that moment?*
- Of the qualities identified, which are present with you most often?
- Once you have identified 1-3 top qualities or strengths, consider: *How can these strengths be used to benefit my workplace?*

STRENGTHS MAY INCLUDE

- Patience
- Dedication
- Creativity
- Trustworthiness
- Confidence
- Flexibility
- Compassion
- Courage
- Honesty
- Wisdom
- Kindness
- Open-mindedness
- Tolerance
- Positivity
- Organization
- Focus

EACH ONE OF US HAS INHERENT GIFTS, QUALITIES, AND STRENGTHS.

Getting to know our strengths enables us to become a more powerful force in our community and the workplace.

TIP: When assessing your strengths, leave comparison at the door. As Kristin Neff writes, "Our competitive culture tells us we need to be special and above average to feel good about ourselves, bwho you are is enough. You do not need to be the best at something in order to excel at it.ut we can't all be above average at the same time."