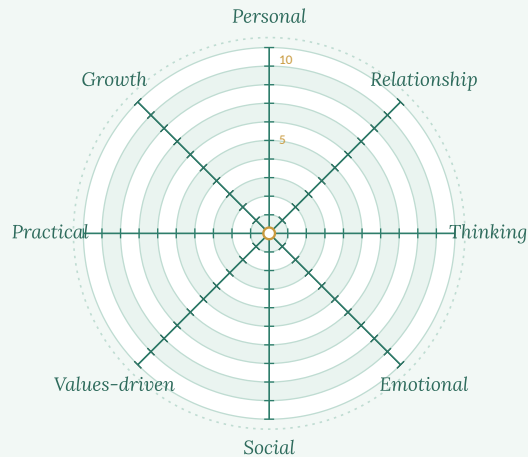


My Strengths Profile

A reflection companion to the Strengths Inventory: notice, explore, apply

Strengths are easy to overlook under stress or low mood. Use your completed Strengths Inventory to chart, name, notice, balance and apply them.

01 My strengths profile notice



Mark how much each area feels like you (0-10); join the points.

Reading your profile

An uneven shape is normal and informative. Profiles describe current patterns rather than fixed traits, and may shift with context, stress and mood. Hard to name strengths? Ask someone who knows you well, or notice what you keep doing even when it's difficult.

What the research suggests

A 2019 meta-analysis found small to moderate gains in wellbeing and small reductions in depression from signature-strength exercises. Studies are few; this complements, rather than replaces, other support.

02 My signature five authentic · energising · readily used

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

03 Strengths in action explore

● **Strength** _____

A time I used it _____ What it made possible _____

● **Strength** _____

A time I used it _____ What it made possible _____

04 When things get hard strengths as a resource

A difficulty right now, a strength I could bring to it, and one small way to try

05 A new way, each day apply

This week's strength: _____

Day	How I used it in a new way	Felt 0-10
Mon		/10
Tue		/10
Wed		/10
Thu		/10
Fri		/10
Sat		/10
Sun		/10

06 Finding the balance too little, just right, too much

Mark where each signature strength usually sits. Honesty overused can become bluntness; underused, silence.

underused just right overused

○ _____ ○ _____ ○ _____ ○ _____ ○ _____

○ _____ ○ _____ ○ _____ ○ _____ ○ _____

○ _____ ○ _____ ○ _____ ○ _____ ○ _____

To bring to my next session

Which strength surprised me, and what happened when I used it?

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