



Mapping your strengths

Figuring out what our strengths are can be helpful when changing the way we manage feelings.

Everyone finds it difficult to change emotional habits and try new ways to regulate feelings. It can be hard to get motivated to make changes in the first place and tricky to keep them going in the long term. Sometimes it seems like we don't even know where to start! Changing habits is easier when we work from our strengths.

Identifying your strengths can remind you of what you are good at and what has worked for you in the past. People who know their strengths can mindfully use them to their advantage.

Think about your strengths in different areas of your life. These can help you manage strong emotions, difficult situations or behaviours that you want to change. Strengths can include things that you're good at, your connection to culture, your relationships, your attitudes or beliefs, and your personal qualities.

PERSONAL STRENGTHS LIST



Strengths can be related to yourself, like having a sense of humour. Or they can be related to others, like having a good friend.



MY STRENGTHS

Fill in the map with the strengths you can identify in different areas of your life.

My Friends

My Health

My Problem Solving

MY STRENGTHS

My Personal Strengths

My Values

My Family



PRACTICE & REFLECT

This week try to find ways to show off some of your strengths. When you recognise that you have used one of your strengths, write it down in the calendar and tick it off.

MON	TUE	WED	THUR	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>