

# 'Working with Strengths' Checklist

Steve Morgan

*Practice Based Evidence*

We aren't usually known for the things we cannot do, yet we spend a whole lot of time focused on our weaknesses and limitations. If you need to make a tough decision, or change something about your life, don't do it just from a position of weakness and a focus on the risks. Positive change comes out of a focus on our abilities and motivations... our 'strengths'.

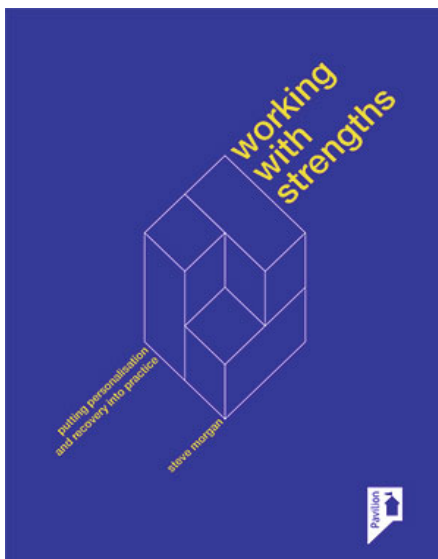


A subtle experience of optimism, hope and personal validation can emerge out of being clearer on what you can do, and applying your strengths to whatever you want to achieve.

The following brief checklist is designed to prompt the areas of your life you need to investigate in order to develop a picture of your personal strengths. It is primarily about who you are and what you can do; but it is also about who you have around you, who you can access as further resources.

Think the change then go make the change.

[This checklist is adapted from my published book in 2014 entitled 'Working with Strengths' by Pavilion Publishing & Media in Brighton, UK]



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1. What are your *personal qualities* (e.g. how do/might others describe you and your personality)?
2. What *personal qualities* do you admire most in people close to you (e.g. colleagues, family, friends)?
3. Consider each of the following domains of your life:
  - Work/business
  - Money
  - Home
  - Relationships
  - Health
  - Meaningful activity & interests
  - Spirituality/meaning

What is *positive* in these areas of your life currently? What can you identify as your *potential resources*?

4. In each of the above domains what have you enjoyed the most, and *achieved* the most in the past (no limit on timespan)?
5. In each of the above domains what do you currently *want or wish* for the future (immediate &/or longer-term priorities)?
6. Of your close colleagues, family and friends, who can you rely on most to *support* you to achieve your most immediate decisions or priorities?
7. What *choices* are open to you in relation to your current decisions or priority wishes (think creatively, not just the obvious options)?
8. Now apply the above *strengths* you have identified to the current problems, decisions, needs or wishes that you have prioritized to resolve or achieve.