

Understanding Who I am

Strength Activity:

What's My Unique and Special Strength?

From Changing Young Lives... One Story at a Time

T. Carr, MS, LPC

Here is a fun activity to better understand who you are and learn about your unique talents and strengths.

There is a belief that everyone has a strength: something they do well. It could be running, humor, artistic ability, growing plants, playing a musical instrument, acting, or singing. It's encouraged for young people to recognize and build on their strengths.

Reflect on the following questions/statements:

- Think of 1-3 things you are good at doing (It can be something that is noticeable like playing soccer, or something less obvious like organizing the clothes in my closet).
- What are you good at doing or accomplishing ("I am good at organizing things, I am a good soccer player, I kick many goals")?
- Can you name famous people that have this special strength or ability (Lionel Messi is a famous soccer player/Khloe Kardashian and Reese Witherspoon host a celebrity organization show)?
- What career or jobs could you get with your special strength/ability (Professional soccer player, soccer coach/write a blog or become a Youtube influencer to help become organized, work in an office that organization is a must)?
- How will these strengths help you get along with others (as a good soccer player, it helps me learn how to play fair and work with others/being organized helps me prioritize tasks so I can spend time with others)?
- Develop a plan to improve your strengths. What strategies can I include in my life to improve my strengths?

Repeat this exercise as many times as you choose, since our strengths grow, shift and change. It is a good activity for us to broaden our self awareness.