

Day 20

Strengths

What is this squiggly skill?

Strengths are the things that give you energy.

Making your strengths stronger means you do more of the work you enjoy and want to be known for which helps to increase your impact.

Go to Guru



Marcus Buckingham
Author of Standout 2.0
and motivational
speaker

Recommended Listen



Squiggly Careers #122
How to make your
strengths stand out

Ideas for Action



Practise sharing your strengths stories

What are the stories/examples of work that you've done that bring to life your strengths?

Using the SOAR (*situation, obstacle, action, result*) structure can be helpful in framing stories that show you at your best.



Stretch your strengths

The more you use your strengths, the stronger they get. Stretching your strengths with more people in more places builds your competency and helps others spot opportunities for you. *Reflect on the regularity / range / reach of your strengths.*