



Give yourself some feedback. Use this chart to write down three of your biggest achievements, identifying which strengths served you in delivering the successful outcome, and how you got there.

My achievements

Strengths I used

How I used them

1

2

3



Top Tips

Find new ways to use your strengths outside of your usual activities at work

My realised or unrealised strengths I would love to use more of:

Next steps to develop these:

Combining strengths will have a greater impact on your goals

My realised strength of...
would help me to use my unrealised strength of...
to achieve...

Next steps to take this forward:

It's time to start that hobby or activity at home you've always wanted to do

My dream goal is...
My realised or unrealised strengths that would help me achieve this:

The one thing I could do to make the biggest impact towards my goal: