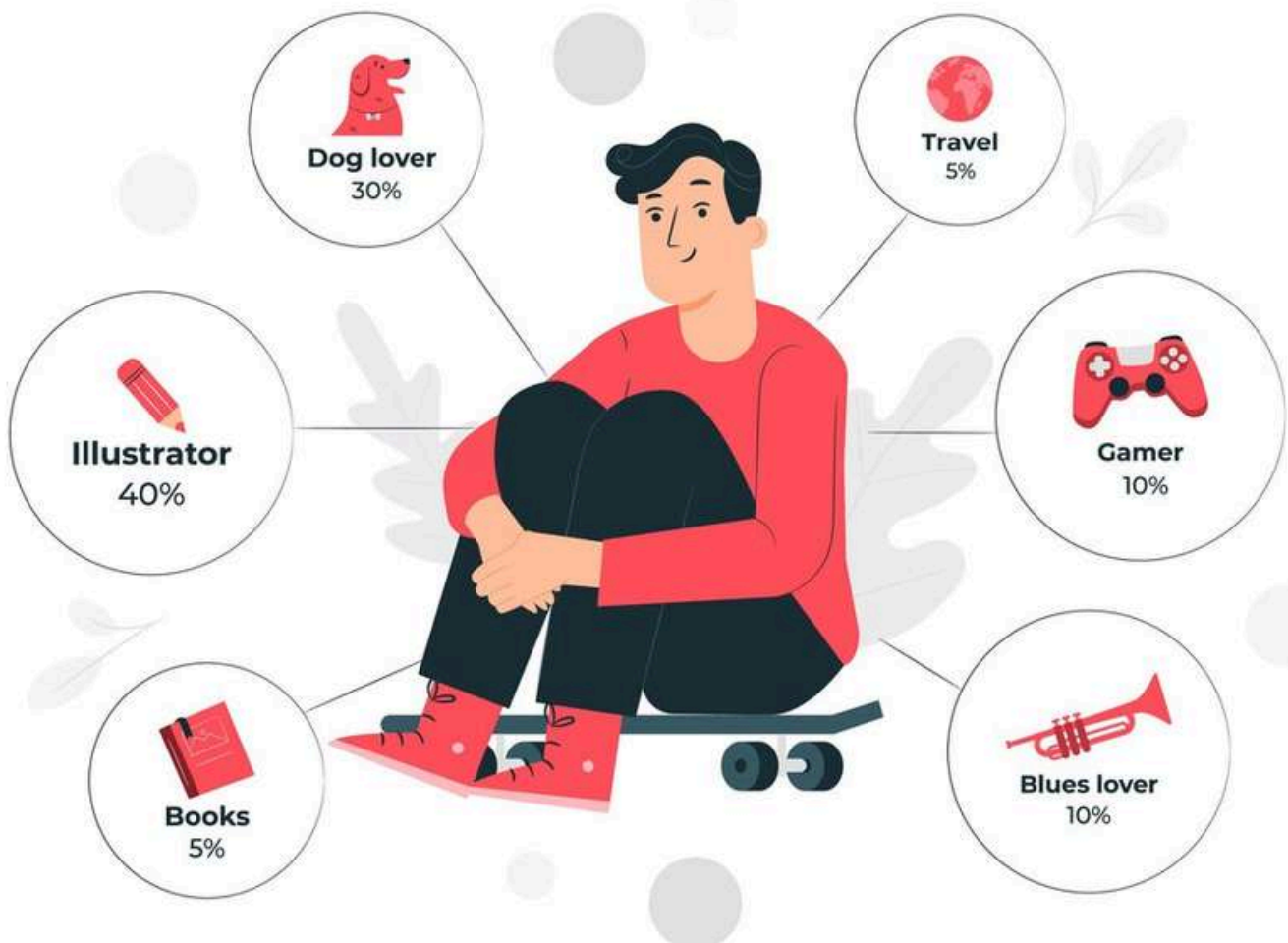


A guide to **DISCOVERING OUR STRENGTHS**

Developed as part of
ICMR's Multistate Implementation Research Study on Improving
Mental Well Being Among School and College Students





Let's talk

about

DISCOVERING OUR STRENGTHS



Source: Freepik.com

As a young person navigating life's many twists and turns, it's easy to fall into self-doubt, compare yourself to others, or feel overwhelmed by the challenges you face. **However, within you are unique qualities, talents, and abilities waiting to shine.**

Discovering your strengths can boost your confidence and help you overcome challenges more effectively.

Think of your strengths like a **personal compass**, guiding you through life's ups and downs. When you recognize and embrace them, they become powerful tools that can help you approach situations with resilience and positivity.



In the journey of your life, knowing your strengths gives you the power to grow, succeed, and feel proud of the person you are becoming.

Let us use a fun way to discover and celebrate your unique strengths!

What Are Strengths?

Strengths are qualities or abilities that come naturally to you, or that you have worked hard to develop.

Strengths can be:

1. **Talents** (e.g., playing an instrument, writing, art)
2. **Personality Traits** (e.g., patience, empathy, optimism, leadership)
3. **Character Strengths** (e.g., perseverance, honesty, creativity)



Source: Positivenesspsychology.com

Did you know?

The **VIA (Values in Action) Character Strengths** is a framework of 24 strengths that represent the core aspects of our personalities. These strengths are broken into six broad categories:

1. **Wisdom** (e.g., creativity, curiosity, love of learning)
2. **Courage** (e.g., bravery, perseverance, honesty)

3. **Humanity** (e.g., kindness, love, social intelligence)
4. **Justice** (e.g., teamwork, leadership, fairness)
5. **Temperance** (e.g., forgiveness, humility, self-regulation)
6. **Transcendence** (e.g., gratitude, hope, spirituality)

You can take [this](#) online survey to discover your character strengths!



Source: Created by VIA Institute on Character

Why Focus on Strengths?

In a world that often points out flaws, it's important to focus on the good things about yourself.

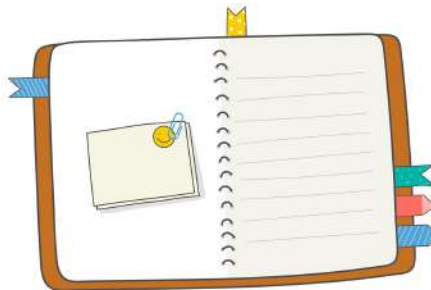
Identifying your strengths helps you:

1. Feel more **confident** in who you are.
2. **Set goals** that **align with your abilities** and **passions**.
3. **Develop resilience** when faced with challenges.
4. Contribute **positively to your relationships, school, and community**.

How to Identify Your Strengths

On the next page are some journaling prompts to help you identify your strengths. Read each one and write down your thoughts and feelings freely.

You can even add a drawing if you would like!



Ask Yourself:

- What do I love doing in my free time?
- When do I feel proud of myself?
- What activities make me feel energized, not drained?

Reflect on Past Experiences:

- Think about a time you overcame a challenge. What skills or qualities helped you?
- Can you remember a time when you were praised or appreciated? What was the reason for it?

Ask others :

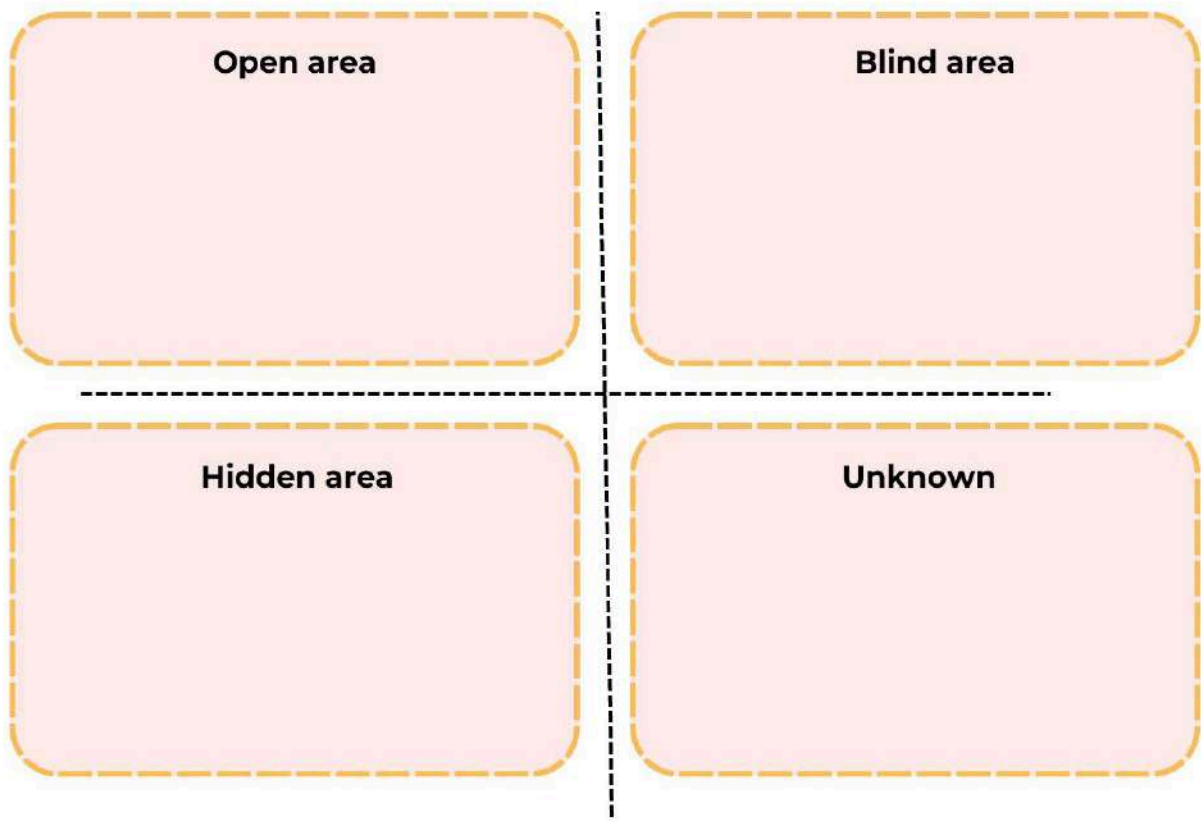
- What do you think I'm good at?
- When do you see me at my best?

Johari Window: A Self-Awareness Tool

Let's try another exercise!

The **Johari Window** is a simple yet powerful model that helps you understand how you see yourself and how others see you. It has four quadrants:





- 1. Open Area:** Traits that you and others know about you.
(e.g., "I'm hardworking and others agree")
- 2. Blind Spot:** Traits others see in you, but you're unaware of.
(e.g., "Others say I'm creative, but I don't see it")
- 3. Hidden Area:** Traits you know about yourself but don't share with others.
(e.g., "I know I'm nervous around new people, but I hide it")
- 4. Unknown Area:** Traits neither you nor others are aware of.
(e.g., "I haven't discovered certain strengths yet")

By learning more about these areas, you can increase your self-awareness, uncover hidden strengths, and develop a deeper understanding of who you are!



Source: Freepik.com

Building on Your Strengths

Once you have identified some of your strengths, the next step is to nurture and develop them. Here's how:

Use Them Regularly: Try using your strengths in everyday life.

For example: If creativity is your strength, take on more creative projects, whether it's painting, designing, or solving problems in new ways. If empathy is your strength, find ways to support others, like volunteering or being there for a friend in need.

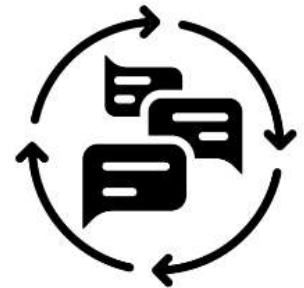




Set Strength-Based Goals: Use your strengths to set meaningful goals that play to your talents.

For example: “I want to improve my leadership skills by running for student council”, “I want to develop my creativity by learning graphic design”.

Seek Feedback: Growth is a continuous process. Ask for feedback on how you are using your strengths. This can help you fine-tune your abilities and discover new ways to apply them.



Work on Your Weaknesses: While focusing on your strengths is key, it is also helpful to recognize areas where you can improve. Balancing the two can promote both growth and personal development.

Dealing with Self-Doubt: Even when we know our strengths, we could still experience self-doubt. In such times, remind yourself that it is natural to have self doubts, especially as you grow older and try new things and have new experiences.



Here's how to manage self-doubt when you experience it:



Remember your past wins: Reflect on how your strengths have helped you succeed before.



Talk to someone you trust: Sharing your thoughts with a friend, family member, or counselor can help put things in perspective.



Practice positive self-talk: Replace negative thoughts with affirmations like, “I’m capable,” or “I have strengths that can help me through this.”

Recognizing and embracing your strengths empowers you to navigate challenges with confidence and purpose.

As you continue to explore your abilities, remember that growth is a journey, and each strength you uncover brings you closer to your fullest potential!



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