

# STRENGTH-BASED COLLECTIVE

BRIEF: NEW YEAR EDITION



JANUARY  
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## SELF-DISCOVERY: MAPPING YOUR STRENGTHS FOR THE NEW YEAR

**Introduction.** The new year is a time for reflection and goal setting. This brief guides you through a journey of self-discovery, helping you identify and leverage your strengths for personal growth and fulfillment.

**The Power of Strengths:** Strength-based research, a key component of positive psychology, emphasizes the importance of focusing on our strengths rather than fixating on weaknesses. Utilizing our strengths leads to increased happiness, higher levels of energy, and greater overall life satisfaction.

### Identifying Your Strengths:

- **Self-Reflection:** Consider moments when you felt most alive and engaged. What were you doing? What skills were you using?
- **Feedback Analysis:** Ask friends, family, or colleagues for their perspective on your strengths. Often, others can provide valuable insights into our abilities.
- **Strengths Assessments:** Consider taking formal strengths assessments like VIA Character Strengths or Gallup's CliftonStrengths to gain a structured understanding of your strengths.

### Setting Strength-Based Goals:

- **Align Goals with Strengths:** Set goals that align with your identified strengths. For example, if creativity is a strength, you might set a goal to start a creative project.
- **Small Steps:** Break down your goals into small, manageable steps that utilize your strengths. This approach makes goals more attainable and enjoyable.
- **Track Progress:** Keep a journal or use an app to track your progress. Celebrate small victories that demonstrate the use of your strengths.

### Incorporating Strengths into Daily Life:

- **Daily Strengths Practice:** Integrate your strengths into daily activities. If one of your strengths is kindness, find small daily actions to practice this trait.
- **Mindfulness and Strengths:** Practice mindfulness to become more aware of how and when you use your strengths. This awareness can help you apply them more effectively.
- **Strengths in Challenges:** When faced with challenges, ask yourself how your strengths can be applied to find solutions.

**Conclusion.** Embracing and applying your strengths can transform how you approach your goals and challenges. As you step into the new year, let your strengths guide your path to personal growth and fulfillment.