


*5 ways to*  
DISCOVER YOUR  
STRENGTHS



A guide to help you thrive  
at home and at work

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A close-up photograph of a person's hands writing in a notebook. The person is wearing a light pink, textured knit sweater. The notebook is open, and a white pen is visible. The background is a soft, out-of-focus indoor setting with a green plant.

The keys to your strengths journey are curiosity, capability and confirmations.

Let's start with 5 things to look out for and go from there...

## 1. Look for the motivation

What fuels and focuses you when you are making decisions or completing a task?

There is a difference between **how** you do a task and **why** you do something, but those things will both be interrelated and hard wired in you.

So start to notice what you feel spurred on by and what begins to slow you down. What do you get excited about starting or being involved in? Those are all clues to what your motivations are.

Motivations are not directly linked to strengths but they are part of the puzzle when looking at what is innately in you, so we need to pay attention to them and our values and passions as well as our inbuilt talents in order to be holistically leveraging what comes naturally to us rather than accidentally fighting against it.

It's by increasing our awareness and skillfulness at all these things that we become able to have more confidence in our capabilities and spot opportunities to share and use our unique talents.

## 2. Look for the resonance

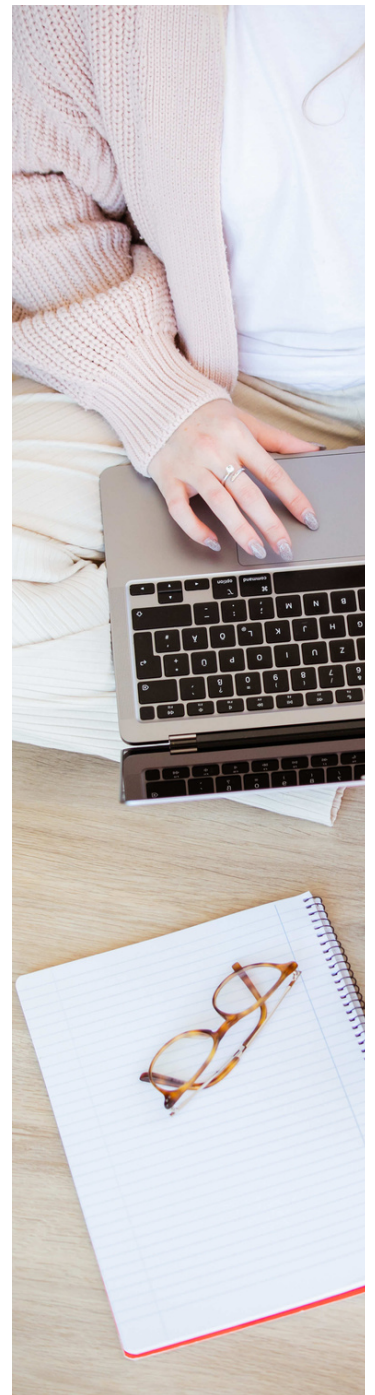
What do you do with ease, with enjoyment and with flow? Now, of course, it would be unrealistic to hold out for a job that is so moulded and built for you that you get to work in your strengths and with a positive outlook all of the time... but I wonder if we were to set that in our sights rather than assuming we won't enjoy most of our work, whether we would find more opportunities that we find energising and that align with our values and beliefs?

See if you can remember a time when you were absolutely in your sweet spot, doing something that you adored, with ease and flow and joy. What else do you need to know about that situation in order to create more opportunities when you feel like that again?

## 3. Look for the energy

I had a realisation a while ago that whilst all my previous employments had elements of things about them that I felt passionate about, and parts of them that utilised my skills and giftings, none of them were a good enough fit for me to not burnout. There were enough discrepancies between the things I was brilliant at and the things I was being asked to do that were utterly draining or maddening for me, that I could only show up for so long looking like I was doing a good job, whilst it internally ground me to a halt.

Do you know what energises you and what drains you? Are there certain tasks and scenarios or situations that are energy neutral? Take note of all these things and keep an eye on them. Always follow the energy!



## 4. Look for blind spots

What could you be missing by assuming that other people generally operate similarly to you?

We all fall into the trap of thinking that everyone else thinks like us. The truth is that everyone's brains are wired slightly differently and that combined with everything that led us to this moment has curated an operating system that just isn't that alike to those around you!

That means we all have multiple blind spots that may well be wildly obvious to our colleagues and loved ones but partially or fully hidden from us. Invite some input into what these could be. What do those around you do that you just can't do? What do other people often misunderstand or get a bit twitchy about? Chances are, if it's a recurring thing then it's more to do with you than them! What would you like to do about that?

## 5. Look for the clues elsewhere

What do you bring or need regardless of the environment you are in?

As soon as you enter a room you make an impact on the atmosphere there.

What is it that people see and notice about that?

Start asking them! Knowing these things about yourself and how it distinguishes you from others, not only gives you permission to show up like that more often, but it also feels very empowering. It both confirms what you are brilliant at but also usually gives you an outlet to serve and collaborate with others in a fun and effective way too.

Finally, do you know what you truly need? This is linked to charging our batteries and feeling energised but also feeds into how we can help our colleagues to thrive if we enable them to know their needs too.



# Stay curious!

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You Are Unique.

You Are Powerful.

Be Confident With Who You Are.

Understanding your strengths unlocks your potential  
and leads you to greater performance.

Gallup

It is said that once you know your innate talents and choose to give them time and attention, they can grow into something you do with near perfect performance. How's that for knowingly having the edge over others in your industry?!



Thank you!

I'd love to stay in touch and find out what you learnt about yourself and others after reading this. If you ever want a virtual coffee with me you can book one through [coffeeandchat.co](https://coffeeandchat.co)

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