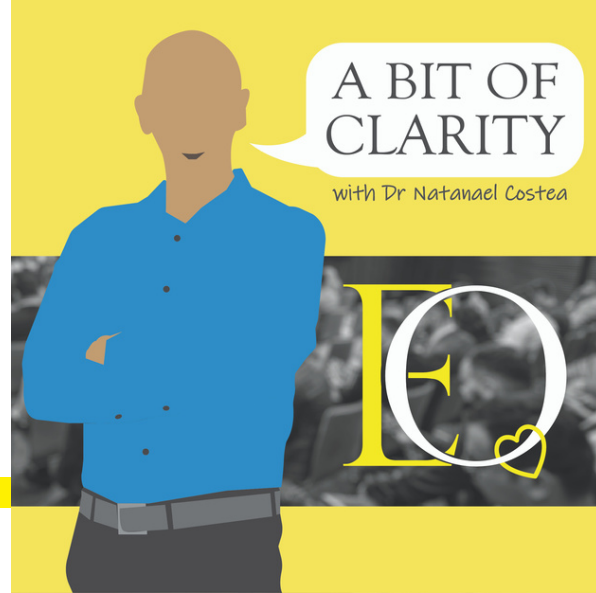


# EP 011

## STRENGTHS AND WEAKNESSES

### SHOW NOTES



#### OBJECTIVE

> Develop an understanding of your strengths and weaknesses.

#### UNDERSTANDING STRENGTHS AND WEAKNESSES

> Areas of strength are defined as positive knowledge, attributes, skills, traits, and talents. Areas of weakness are defined as the knowledge, attributes, skills, traits, and talents that are not as well developed or problematic.

#### AREAS OF STRENGTH

- 1. Interpersonal areas of strength include:** leadership, teamwork, kindness, forgiveness and fairness.
- 2. Intellectual areas of strength include:** love of learning, creativity, curiosity and open-mindedness.
- 3. Emotional areas of strength include:** zest, hope and bravery.
- 4. Restraint areas of strength include:** prudence, self-regulation and honesty.
- 5. Theological areas of strength include:** religiousness (or faith), gratitude and appreciation of beauty.

#### KNOWING YOUR STRENGTHS AND WEAKNESSES

> Knowing your personal areas of strength and weakness is not always easy. It takes **self-awareness** and **self-reflection**. So ask yourself, what are you good at? Or, ask someone you trust to tell you what your areas of strength and weakness are. The benefits are invitational to take action today:

1. Knowing your areas of strength and weakness **increases self-awareness**.
2. Knowing your areas of strength and weakness **shows you how to move forward**.
3. Knowing your areas of strength and weakness **shows you what you need to improve**.

#### ENGAGE STRENGTHS, MANAGE WEAKNESS

> Focus more in fully engaging your strengths.

> Manage weakness considering the difference between weakness and non-talent. A non-talent is a behavior that is consistently a struggle. A non-talent becomes a problem when it needs to be engaged frequently.

#### APPLICATION

> Make a list of your strengths and an action plan to fully engage in them, then make a list of your weaknesses and ask for help by acknowledging them and being vulnerable in seeking help.

#### RESOURCES

- > More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)
- > Subscribe on [Apple Podcasts](#)
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