

HeadFIT

Identifying Your Strengths

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It's really important to think about how you view yourself. It's so easy to start off with all the negatives, all the things that you think are wrong with you. What you're not brilliant at, what your weaknesses are, but to be mentally fit, to be at the top of your game, you need to identify and focus on your strengths. Because when you know what your strengths are, you can play to them and bring out the best version of yourself. It means you'll perform better and you'll feel better. You'll feel more positive about yourself and that just affects everything.

When you know what you're good at, you can think about whether you're having enough opportunities to use that bit of yourself. If you're not, you may want to think about making some changes. For instance, if you know you enjoy working in a team but your job means you're stuck on your own, maybe see if you could be pulled into a team at work, or find something outside of work where you get to express that part of yourself. If you know you're a good leader but your work isn't giving you the opportunity to lead, then think about where you could volunteer in or outside of work and use that skill.

Because when you're doing the things you're good at, you get to feel proud and satisfied. And that ultimately means you'll be a happier, more confident person.