

# City Lions

## The Strengths Navigator

Discovering your unique capabilities

1

Discover your top 10 strengths

Begin by brainstorming what you believe your strengths are. Consider various categories such as interpersonal skills, creative abilities, problem-solving, emotional intelligence, personality traits, talents or technical skills. **Don't overthink it** - simply jot down what comes to mind!

2

Gather perspectives from others around you

Reach out to friends, family and others who know you well and ask them about your strengths. Encourage them to provide specific examples of when they've seen these strengths in action. This will give you a richer understanding of how others perceive your abilities and might highlight strengths you had not considered.



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### Complete a character strength survey

Visit <https://www.viacharacter.org/> to complete a free character strengths survey, which takes about 10-15 mins.

4

### Reflect and compare

Compare your personal list with the feedback from those you asked about your strengths and the survey results. Look for common themes and surprises. Consider:

- Which strengths do you value most?
- Are there strengths you've already making use of, and others you could draw upon more?
- How do specific strengths align with your future goals and values?

Reflecting on these questions will help you understand and prioritise your strengths more effectively.



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Summarise your top 10 strengths

List your top 10 strengths.

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## Create a visual visual representation - optional

Visualise your strengths through a creative project. You could make a mind map or draw a visual representation of each strength, finding a way to make them connect with each other. This visual tool will help you see the balance among your strengths and identify areas for further development.