**Activity: Aim Your Strengths**

You will need five copies if you are downloading the paper version. Remember, you will achieve more success and grow your knowledge and understanding by handwriting your answers. Answer as little or as much detail as you feel worthy.

Using the Talent Theme Table on the website combine your talents and select one theme Combination Description and pair it with one theme Characteristic to provide you an empowering phrase for two of your strengths. Each description and characteristic may remain consistent throughout your answers or may vary depending on the pairing. You may adapt the descriptive word to suit the phrase, eg initiator (description) organiser (characteristic) may become ‘initiating organiser’.

Then write four empowering statements relating to each talent theme.

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| --- | --- | --- | --- |
| Theme 1 | Combination theme | Combination description | Theme 1 characteristic |
| 1 | 2 |  |  |
| 1 | 3 |  |  |
| 1 | 4 |  |  |
| 1 | 5 |  |  |
| Empowering statements |
| 1 |
|  |
|  |
| 2 |
|  |
|  |
| 3 |
|  |
|  |
| 4 |
|  |
|  |