

Master the
Signature Strengths
technique



Signature Strengths

General vs. Specific

...why your strength commitment matters more than you think!

How would you like to use your strength in a new and different way?

The best way to answer this question is to be clear and detailed. Think of a specific way in which you can commit to using your strength, then describe it fully.

- Avoid generalisations.
- Your mind finds it tricky to remember things that are vague.
- An actual example is the best proof of your signature strength.
- It's also the best way to affirm yourself.

Instead of this...

Strength 1 - Dedication

I would like to use this strength at work by making sure I always dedicate myself through time and effort, to ensure the best work and results.

Try this...

Strength 1 - Dedication

I would like to get to work early tomorrow to help my colleague with the new invoicing system as I am committed to seeing the company do well and want to provide support. It's great that I can afford the time sacrifice.

There's a reason for the repetition

... but do you have the patience for it?

Boredom. Repetition. The same thing.
Over. And. Over. Again.

How about listing those same strengths... Again.

Why should you repeat the same strengths everyday?

It's so that you can **grow**.

Just like plants, people grow with time and consistent, healthy feeding.



So why the repetition repetition repetition?

Writing the same strengths each day tells your brain, again and again
- **"Yes! This is what I'm good at."**

Next... Committing to using that thing you are good at and reflecting on it tells your brain
- **"Look! Here's proof."**

And then this process happens all over again the following day.

Patient planting of proof
(strength commitments)

=

**Growth of strengths
& confidence**

Using your strengths in new and different ways also shows you how you positively impact the world around you.

Think of your 5 Signature Strengths, they may look something like these:

- Kindness
- Leadership
- Optimism
- Creativity
- Patience

Now, if you're questioning the purpose of this technique, these questions may help you re-frame your perspective:

1. Are you fully confident in each of your strengths? Knowing that each one is an area you excel in and impacts you or others for the better?
2. What would happen in your life if you were completely confident, in even just one of these strengths.
3. Is there room for these strengths to grow and what would happen in your life if they did?
4. Focus on one of your own strengths and picture how much it can grow, either just a little or a whole lot - now think, what impact would that have on your life?

So, one more time...

Are you fully confident that your strengths have grown as much as they can?

And what would happen **if they did?**

