



Self Assessment

These exercises will support you to reflect on your inner strengths, interests, values, experiences and life goals. All of which will support you in developing the direction that you would like to go in life.

Exercise one: Accepting your strengths
Acceptance is the ability to understand that you are not perfect, but there are aspects of you that are perfect and things that you are good at. The more that you accept these parts of you, the easier it is to be able to hold space for the parts of you that will always be imperfect.

You can get to the point of being in harmony with the aspects of you that are not perfect, rather being in the throws of self criticism. The more you give voice to your strengths, the less oxygen self criticism has to breathe. You can begin to embrace the fact that every now and then, you will make mistakes and get things wrong; and in that there is an acceptance of the imperfections that will always be - not a striving to reach a perfection that does not exist.

THINGS I AM TRULY GREAT AT

Exercise two: Accepting your imperfections
Equally as important as accepting your strengths is to know and embrace the areas in which you are imperfect without shame or embarrassment. Once you understand the areas of life that you have yet to master, they simply become things that you are just not good at. You do not need to be good at everything; you can refer and utilise people who are good at those things or specialise in that area. That is how we can work together as a community.

Alternatively, if required, you can allocate the appropriate amount of energy and resources to learning the skills to master that area. You can get support from others who are great with the particular area and find people who can teach you the skills; you do not need to do it on your own. If you carry shame or embarrassment for not being strong in that particular area, you may avoid the tasks necessary to grow; that is why it is so vital to equally embrace and accept the things that you are truly great at and the parts that remain imperfect.

If you catch yourself going into any negativity, do not allow those thoughts to go unchecked. Catch your inner critic, identify and label it, observe what it is doing without judgement and then let it go, knowing that it is not you. It is much easier to support yourself to overcome negativity when you see the thoughts as outside of you and external to you rather than a part of you.

THINGS THAT I AM NOT SO GREAT AT



THE CENTRE FOR
COUNSELLING