

Tool: Distilling strengths from problems

Outcome: You understand your capabilities to utilise your abilities to accomplish objectives. You will be able to use your own potential more efficiently.

Step 1	Step 2	Step 3	Step 4
Problem description	Identify the influence	ldentify problematic behaviour in yourself	Find your strengths
What are you struggling with at the moment? Describe the problem below: Example: "I am stressed, because I am unprepared for an upcoming negotiation as have too much work to carry out."	In which areas of your life the problem influences? Describe the influence: Example: "Overworking influences my family relations negatively."	Is there something that you are doing too much or too little, which contributes to the underlying challenge?	How can you re-frame the behavior identified in Step 3 as a strength? In the context of this problem you may have underused or overused it. Example: "My underlying strength contributing to this situation is: "I pay too much attention to small details."





Tip: Small actions build a momentum!





Toolkit

Start

