

October: Why It's Important To Know Your Strengths And Weaknesses

Knowing your personal strengths

Your biggest personal strength would be something that comes easily for you. Take some time and think about what comes naturally for you. It could be anything.

Knowing your weaknesses

It is equally important to know your weaknesses as much as knowing your strengths. Weaknesses can be areas that can be worked on to improve.

Why should I know my own strengths and weakness?

Knowing your own strengths and weaknesses gives you a better understanding of yourself and how you function. It also helps you to grow more.

How does this relate to Self-Awareness and Self-Advocacy?

Speaking up and letting others know your strengths as well your weaknesses helps you know yourself, as well as letting others know more about you. This can help guide areas of interest and goal setting/things to accomplish.

If something is hard or confusing, it is important to express that. One way to communicate this is by using a feeling and need statement (i.e. I'm feeling confused and I need help). This will help start a conversation in order to begin problem-solving and trying to develop strategies.

If something is easy or you feel really confident in, it is also important to communicate that using a feeling need statement as well (i.e. I'm feeling excited and I need to keep going with this). This will also help start a conversation to highlight strengths and areas of interest.