



Strengths Spotting

Uncover Your Inner Power



Hello,

WELCOME!

It's great that you have chosen to actively recognise your strengths in this one week challenge. I promise, it's going to be easy, quick and transformational.

*I'm Carolyn Cleveland, founder of C&C Empathy Training Ltd, an NHS approved training under the National Framework, and love being a little unconventional, thought provoking and just a little bit chaotic, **all at the same time**. I work with 100's of people on empathy, civility, emotional awareness, psychological safety, happiness and well-being.*

I've created this free and quick challenge for anyone who often neglects to recognise their strengths and allows this to impact on their confidence and sense of self. For so many of us, we get locked into only noticing our weaknesses and we can become caught in a cycle of self sabotaging thinking, proven to impact on the choices we make, I know I have! So, let's turn it on its head a little and focus on strengths.

If that resonates, then hello friend! You're not alone and this challenge is going to help you start to break out of this pattern and help you to step into a more empowered version of yourself.



Are you ready?


LET'S BEGIN!

Carolyn

THE STRENGTHS SPOTTING CHALLENGE

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**‘Too many people
overvalue what
they are not and
undervalue what
they are.’**

MALCOLM S. FORBES

‘What lies behind us and what lies before us are tiny matters compared
to what lies within us.’

RALPH WALDO EMERSON

Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's great that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This challenge is all about helping you make meaningful changes, but the whole point is to have some fun along the way. So, dive in, and to enjoy !

Ready to get started? Good, let's do it...

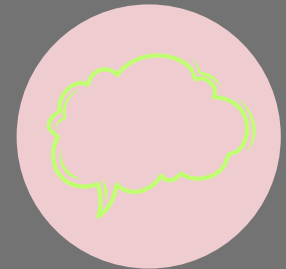
Let's celebrate strengths

Your Daily Dose of Spotting Strengths

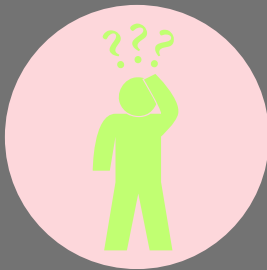
In order to feel more confident in our strengths we need to recognise and acknowledge them. So here are some things you can try doing to help you spot YOUR strengths.

1 • STENGTH SELF-TALK PRACTICE

Dedicate a few moments each day to practice positive strength orientated self-talk. Start by identifying any negative thoughts and consciously replacing them with affirmations about your strengths and abilities. For instance, instead of saying "I can't do this," try "I have the skills and strength to tackle this challenge."



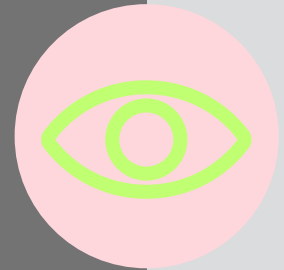
2 • STRENGTH REFLECTION



Every morning, take a few minutes to reflect on a strength you want to focus on for the day. Think about how you can use this strength in your daily activities and interactions. This proactive approach not only keeps your strengths top of mind but also encourages you to actively apply them, boosting your confidence and resilience throughout the day.

3 • STRENGTH VISUALISATION

Spend a few minutes each day visualising yourself using your strengths to handle upcoming tasks or challenges. Imagine yourself succeeding and feeling confident. This mental rehearsal helps you to internalise your strengths, making it easier to draw on them when needed and fostering a positive, proactive mindset.



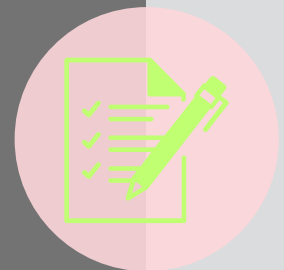
4 • SPREAD SOME STRENGTH

Perform a small act of kindness for someone, whether it's giving a compliment, helping a colleague, or doing a favour for a friend. Reflect and recognise how **your** strengths enabled you to carry out this act. This practice not only spreads positivity but also reinforces your own sense of capability and compassion.








5 • I SUCCEEDED AT

Jot down at least three strengths you demonstrated that day. Reflect on moments when you felt proud or accomplished, no matter how small. Use strong words too...“I succeeded at...”. This practice helps reinforce positive self-perception and boosting your confidence over time.



Spotting and celebrating strengths

Your Strengths Week Record

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1. STENGTH SELF TALK 							
2. STRENGTH REFLECTION 							
3. STRENGTH VISULISATION 							
4. SPREAD SOME STRENGTH 							
5. I SUCCEDED AT 							

Spend just ONE minute on ticking each strength action completed each day for SEVEN days.

The more weeks you do this – the more it will become hardwired in your brain – it becomes a healthy, positive, habit.

Share – The more the people around you do this – the more people spotting their strengths, the more we can all support each other.



You've made it!

I really hope this simple challenge has helped you see and feel the benefits of spotting your many, many strengths and supporting your well-being and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's empowering to think about.

Don't forget to share this with your team at work, colleagues, friends or family. Maybe they are waiting to spot their strengths too! This challenge is just the tip of the iceberg, there are so many more ways I can help and work with you or your team.

If you're interested in more monthly short, bitesize challenges and development sessions, and insights, sign up to my mailing list.

[SIGN UP TO MY MAILING LIST](#)



Or use the handy QR Code

FIND ME AT:

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