

Strengths and weakness

Sometimes – we can be our own harshest critic, even putting ourselves down. Also, while it is always good to get feedback from others – it is also important to have a sense of balance and a confidence in your own views and beliefs about yourself too.

Here are some examples:

What you may think about yourself (or others have said of you)	But actually – in reality you are more like this...
Too sensitive	Sympathetic Empathic Intuitive
Don't like (too much) change	Consistent Loyal Experienced
Easily distracted	Adaptable Flexible Receptive to change
Waffles	Confident Information giver Knowledgeable
Too cautious	Look at things from every angle Thorough
No self belief	Modest Team player
Lazy	Reflective Calm Laid back Patient Easy going
Indecisive	Very busy – thinking of many things Weighs pros and cons Analytical Reflective