

Finding Your Strengths

Use these 7 tips to help uncover strengths hiding in unlikely places.

- 1 Don't avoid failure; embrace it.**
Failing is a natural part of the growth process, so embrace it. The challenges you experience now will help you be more successful in the future.
- 2 Keep trying.**
As painful as it is, repeated failure makes you better equipped — and more determined — to achieve your goals.
- 3 Build on your successes.**
As you begin to overcome a challenge, keep building your abilities and confidence little by little. Then watch how quickly positive changes occur.
- 4 Don't overthink things.**
Write down every idea you come up with when trying to create change, no matter how silly or pointless it seems.
- 5 Don't let others determine your path.**
Sometimes something you consider to be a weakness is actually a strength hiding in plain site that those around you don't like, don't appreciate, or feel threatened by.
- 6 You are enough.**
Keep reminding yourself that you have everything you need to reach your goals, you just need to figure out how to get there. If you don't believe in yourself, there's little chance anyone else will either.
- 7 Think positive and go for it!**
Stop focusing on why you think you can't do something and start looking for all the great reasons why you can.

Remember: You won't find your strengths if you aren't looking for them. Take a leap of faith. You just might discover happiness and success you didn't know was possible. What have you got to lose?