



FLIP DON'T FIX

C -CONNECT WITH ME

Flip don't Fix

We all have unique strengths and talents which we're often culturally wired to overlook or take for granted. Conversely, when it comes to 'weaknesses', the brain's wiring means we can overly focus on what we feel we're not so good at. This exercise in reframing can help us focus our energy on our super strengths and making these even better and stronger, rather than getting fixated on being all things to all people.

- * This is all about accentuating the positives so start by writing down 20 things you are good at. Notice how this feels in your brain and your body as you're thinking and writing.
- * Now write down three things that you feel you're not so good at. Again notice how this felt in your brain and body compared to writing down your strengths.
- * Reflect on these three 'weaknesses' and instead of figuring out how to fix them, flip them into strengths. For example, if you have written 'impatient' the flip of this might be 'driven'.
- * Lastly take a look through both lists and identify your three super strengths and consider why they make you successful at work and at home



Super strength 1



Super strength 2



Super strength 3