

STRENGTHS PROFILE



The strengths profile is our unique take on performance profiling from sports psychology^{13, 14}. Used in sport, this tool is an effective strategy for helping athletes refine their skills and competencies and highlight areas in need of improvement. In our MST4Life™ programme, participants have found this tool an engaging method to learn more about themselves and build a sense of ownership for their personal development during the programme. Our findings suggest this tool is associated with improvements in resilience, self-worth and well-being¹⁵.

Completing the strengths profile (55–75 minutes)

You'll need:

- A paper copy of the strengths profile (pages 10–12)
- Two coloured pens
- One biro

Your strengths profile Name: _____ Date: _____

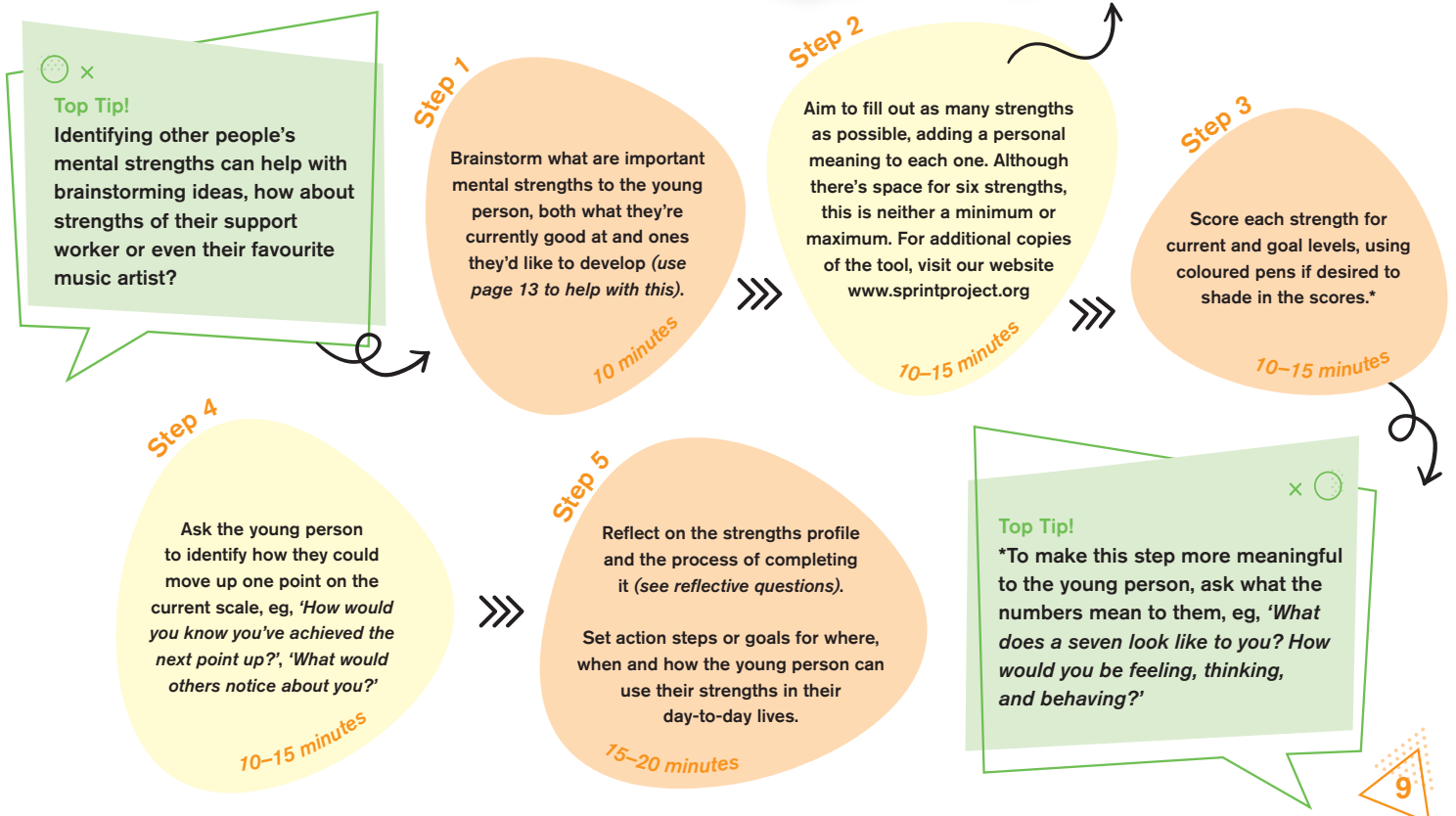
1
Strength: Time Management
What does this mean for you? Being on time for important appointments

CURRENTLY, FOR THIS STRENGTH I'M A...									
1	2	3	4	5	6	7	8	9	10

MY GOAL FOR THIS STRENGTH IS TO BE...									
1	2	3	4	5	6	7	8	9	10

How could you move up one point on the current scale? What would that look like?
To be a 7, I'd need to plan in advance for getting to my job interview on time, but I might need help with what bus to catch

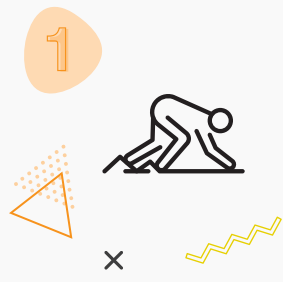
See below for the steps to completing a strengths profile, and right for an example of what it might look like:



Your strengths profile

Name:

Date:

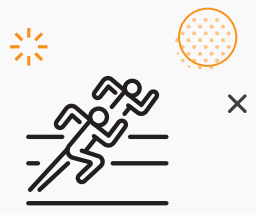


Strength: _____
What does this mean for you? _____

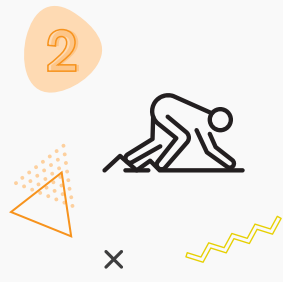
CURRENTLY, FOR THIS STRENGTH I'M A...									
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.....

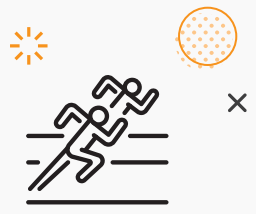


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What does this mean for you? _____

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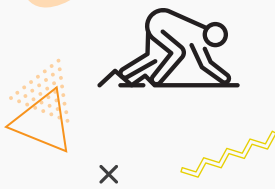


Your strengths profile

Name:

Date:

3



Strength: _____

What does this mean for you? _____

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4



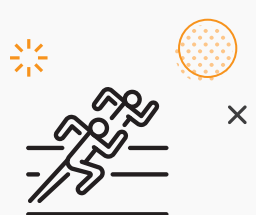
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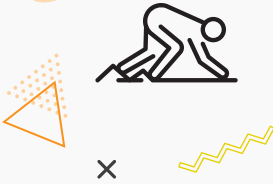


Your strengths profile

Name:

Date:

5



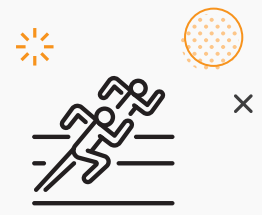
Strength: _____

What does this mean for you? _____

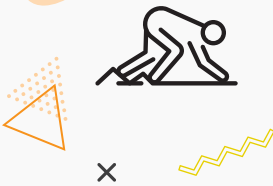
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6



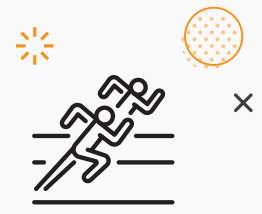
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Brainstorming strengths: get the ideas flowing!

Managing my tenancy...?

COMMITMENT

REFLECTION GOAL-SETTING

SELF-CONTROL RESILIENCE

CALM SELF-CONFIDENCE

ASSERTIVENESS SELF-WORTH

PASSION FOCUS ORGANISATION

RELIABILITY TRUSTWORTHINESS

SUPPORTIVE RESPECT

MOTIVATION POSITIVE-MINDSET

DILIGENCE PROBLEM-SOLVING

EMOTIONAL-REGULATION

Getting my own place...?

Managing or getting into education, employment or training...?

Using my money wisely...?

Looking after my health and well-being...?

Being the best version of myself...?

Top Tip!

If completing 'paperwork' is a barrier to engaging with this activity, try becoming familiar with the tool so you feel comfortable facilitating it verbally.

