



The Strengths Mirror Checklist

Five steps to see your strengths clearly, and say them with confidence

Use this checklist to see where you are with each step of the Strengths Mirror method. Tick what you've already done, and notice where the gaps are, because that's usually where the next conversation about your career gets stuck.

1 Spot it

- ☐ I can name two or three strengths that genuinely give me energy, not just things I'm good at
- ☐ I've noticed when I say "I just..." about my own work
- ☐ I know which tasks I do well but find draining

2 Prove it

- ☐ I have a specific example from the last year for each strength, told in "I," not "we"
- ☐ I've asked at least two people what they trust me to handle
- ☐ I've looked back at recent compliments or feedback for patterns

3 Translate it

- ☐ I can describe each strength in a sentence or two, with a real situation and a result
- ☐ I've said my strengths statement out loud, without softening it

4 Manage it

- ☐ I know where my strongest strength tips into overuse under pressure
- ☐ I have a simple check I use when I notice it happening

5 Use it

- ☐ My strengths show up in my CV or LinkedIn summary, not just my job titles
- ☐ I have three stories ready for my next interview or review
- ☐ I've chosen one strength to use more deliberately this month

My one next step, and when I'll take it:

If you ticked fewer than half, The Strengths Mirror Playbook takes you through each step with practical activities you can work through on your own, in your own time. It also includes an exclusive **£75 off a Strengthscope® profile**, if you'd like to go deeper. Find it at pauladonnanadvisory.com.