

EXPLORER'S LOG 15: YOUR SECRET WEAPONS

◆ HOW WOULD A GOOD FRIEND OR CLOSE COLLEAGUE DESCRIBE YOU?

◆ WHAT HAVE YOU DONE THAT HAS BEEN COMPLIMENTED BY OTHERS?

◆ IN WHAT KIND OF SITUATIONS DO YOU FEEL YOU REACT POSITIVELY?

◆ WHAT ACTIVITIES DO YOU FEEL REALLY ENGAGED WITH WHEN YOU ARE DOING THEM?

◆ WHAT ACTIVITIES GIVE YOU ENERGY?

◆ WHAT CHALLENGES DO YOU ENJOY?

◆ WHAT COMES EASILY TO YOU?

◆ HAVE A LOOK BACK OVER THE MAP YOU DREW FOR YOUR REAL WILD BIO. WHAT STRENGTHS THAT HAVE HELPED YOU ON YOUR JOURNEY SO FAR?

Now look at your responses and see if you can see any patterns among your answers. Circle the things that keep coming up, or that feel right to you. This is not the time to be modest. You need to know this about yourself.

Stick a photo of yourself in the space below, and then fill in the spaces around it with your top 8 strengths.

Strengths can usually be identified as the word(s) which follow 'I am good at...' Examples are things such as:

- communicating
- planning
- networking
- inspiring others
- having big ideas
- making things happen
- making other people feel good about themselves

Here's an example of mine on the right.

A large rectangular template for the "secret weapon" exercise. In the center is a grey square with the text "YOUR PICTURE HERE" in black, uppercase letters. Eight lines radiate from the corners and midpoints of this central square to the corners of the outer frame. The lines are colored: top-left (teal), top (teal), top-right (yellow-green), right (teal), bottom-right (teal), bottom (yellow-green), bottom-left (teal), and left (teal).