

Make Better Decisions with Confidence: Know Your Strengths

When faced with making a difficult decision, it's easy to overlook some of the greatest assets you have at your immediate disposal: your own personal strengths. Your personal strengths include:

- traits and talents you possess
- skills and knowledge you have acquired over time
- everything gleaned from your life experience
- and much more

What makes your personal strengths so "personal" is that they come together in a way that is entirely unique to **you**.

No-One Else Has Travelled Your Road

No-one else has travelled the exact same road you have travelled, or seen the exact same things you have seen. No-one else has been through exactly what you have been through.



Even if someone else's experience appears similar to your own, you have your own unique background, personality, temperament, character, and lens with which you take things in, process them, and assimilate them into the fabric of who you are.

Your personal strengths, being uniquely yours, enable you to clearly see **opportunities, ideas, possibilities** and **solutions** that people around you might not be able to see at all.

This unique vantage point that you possess provides enormous value when it comes to decision-making, especially those difficult decisions where the stakes are high, and the outcome may be uncertain.

When you are facing a difficult situation, you don't need to "guess" at what you should do. Instead, you can leverage all those strengths you have for **insight, wisdom, and guidance**, in order to gain clarity regarding the best course of action to take. This might not necessarily be the best course of action for someone else; it might not even make sense to someone else. What matters is that it's the best course of action for **you**.

Your unique strengths enable you to see **opportunities, ideas, possibilities** and **solutions** that others might not be able to see at all.

We'll delve more deeply into the importance of acknowledging your strengths in the next module: **Allow Your Best Self to Emerge**.

