Centre for ADHD & Autism Support

Three Good People

A strength-spotting exercise

People who know their strengths and use them every day tend to be happier, have better self-esteem, and are more likely to complete their goals. This exercise will help you enter the strength-spotting mindset.

Think about a fictional character.

Name a character from a book, film or TV show:

List their strengths:

Describe how they use their strengths to overcome challenges, or in everyday life:

Think about an inspiring person you know.

Name an inspiring person you know:

List their strengths:

Describe how they use their strengths to overcome challenges, or in everyday life:

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Three Good People

A strength-spotting exercise

Think about yourself.

List your strenghts:

Describe how you use your strengths in everyday life:

Describe how you have used your strengths to overcome a specific challenge:

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