

# Spot your strengths!

Learning to work to your strengths can boost both your productivity and your wellbeing. Start by doing this [free online strengths assessment](#), and then for the next week use this form to help you become more aware of your strengths and how to use them more.

Day/time	Activity I was doing when I felt really engaged!	What strengths was I using?	How could I use these strengths in other parts of my life?

## 60 TOP STRENGTHS

There are many strengths you can name.

Lindely uses [60 strengths](#) and here are a few to get you started:

Action, creativity, curiosity, emotional awareness, humility, humour, self-awareness, self-belief, work ethic.