

In *The Strengths Book*, Matt Johnson found that he was able to overcome the insecurities he faced as a parent through getting to know his strengths, and then thinking about how he could apply them to become a better father. If you want to see how well you know your own strengths, complete the Strengths Knowledge Scale below.

THE STRENGTHS KNOWLEDGE SCALE

The following questions ask you about your strengths, that is, the things that you are able to do well or do best. Please respond to each statement using the scale below:

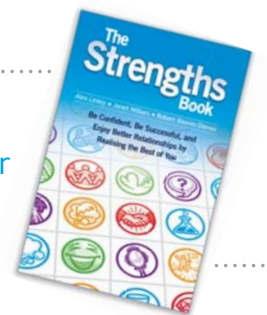
1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1.	Other people see the strengths that I have					<input type="checkbox"/>
2.	I have to think hard about what my strengths are					<input type="checkbox"/>
3.	I always try to use my strengths					<input type="checkbox"/>
4.	I am aware of my strengths					<input type="checkbox"/>
5.	I know the things I am good at doing					<input type="checkbox"/>
6.	I know my strengths well					<input type="checkbox"/>
7.	I know the things I do best					<input type="checkbox"/>
8.	I know when I am at my best					<input type="checkbox"/>

How to score: Subtract your response to item number two from 8, then add up your responses to the 8 items. Higher scores indicate higher levels of strengths knowledge. People who know their strengths better are more likely to be able to use them and to be effective in doing so.

Source: Govindji, R., & Linley, P. A. (2007). Strengths use, self-concordance and well-being: Implications for strengths coaching and coaching psychologists. *International Coaching Psychology Review*, 2 (2), 143-153. Reprinted with permission.

The Strengths Book: Be Confident, Be Successful, and Enjoy Better Relationships by Realising the Best of You, by Alex Linley, Janet Willars and Robert Biswas-Diener

Available from www.amazon.co.uk and www.amazon.com



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