

In The Strengths Book, Ashok Shah found that he was able to reconnect with himself and be more effective in realising the best of himself through using his strengths. You can assess your own strengths use by completing the Strengths Use Scale below.

THE STRENGTHS USE 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.	I am regularly able to do what I do best					<input type="checkbox"/>
2.	I always play to my strengths					<input type="checkbox"/>
3.	I always try to use my strengths					<input type="checkbox"/>
4.	I achieve what I want by using my strengths					<input type="checkbox"/>
5.	I use my strengths everyday					<input type="checkbox"/>
6.	I am able to use my strengths in lots of different situations					<input type="checkbox"/>
7.	I use my strengths to get what I want out of life					<input type="checkbox"/>
8.	My work gives me lots of opportunities to use my strengths					<input type="checkbox"/>
9.	My life presents me with lots of different ways to use my strengths					<input type="checkbox"/>
10.	Using my strengths comes naturally to me					<input type="checkbox"/>
11.	I find it easy to use my strengths in the things I do					<input type="checkbox"/>
12.	Most of my time is spent doing things that I am good at doing					<input type="checkbox"/>
13.	Using my strengths is something I am familiar with					<input type="checkbox"/>
14.	I am able to use my strengths in lots of different ways					<input type="checkbox"/>

How to score: Add up your responses to the 14 items. Higher scores indicate higher levels of strengths use. Strengths use is associated with better goal attainment, higher levels of happiness and well-being, and lower stress.

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

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