

LOVE Your Weaknesses!

Weaknesses are subjective – they're only real weaknesses when they get in the way of what we want to do. This exercise helps you 'reframe' how you see your weaknesses and how they can be positive.

Simply answer the questions below and see where your weaknesses are also strengths:

The 3 Weaknesses (or things about myself that) I most dislike are:	List two situations where this weakness could be useful or where the weakness serves a purpose. If you get stuck, try thinking of extreme, unusual or unlikely situations – a sense of humour helps here!	
1.	Situation	Situation
2.	Situation	Situation
3.	Situation	Situation

What have you learned about yourself from doing this exercise?

