

What if you lived a strength driven life?

Have you ever thought about living a life grounded in your strengths?

Have you ever noticed the time we spend on working on our weaknesses? At work, at home, in activities, in relationships. This does not mean we should not improve and learn and get insights from our life experiences, it means to make choices based on our strengths more often. Another way of looking at it, is from an energetic point of view. To make choices leaning towards what is inwardly natural, using our mind at the service of our heart and not the reverse.

Let's imagine for a moment what would happen if we spent even half the time we normally spend on working on our weaknesses and spent it on activities that are expressions of our strengths. That supposes that first we identify them and then we improve on them through practice, reading, training, focusing attention on what is to be learned to further develop them. Can you imagine for one minute being engrossed in something you love the majority of the time? This is not as unrealistic as you think. The statistics say that less than 10% of people work at something they like. Now that is potential for a better world if I have ever seen one!

So what is a strength?

First you must distinguish what is a natural talent and a strength. Talents are your natural recurring pattern of thought, feeling or behavior. Everyone with practice can increase their performance at many things. Human beings are adaptable. So, which ones are your strengths? The ones that with practice you can make near perfect? What do you get engrossed with? What are you doing when you notice that you can skip steps because you absorb knowledge and skills very quickly? Watch yourself over time and you will find your strengths. Another place to look for strengths is what people criticize you for. Take out the judgment in it and there you are! Something you probably excel at just emerged!

Here are some strengths suggested by Buckingham and Clifton in their book, *Now, Discover your strengths*. They are: Achiever, Activator, Adaptability, Analytical, Arranger, Belief, Command, Communication, Competition, Connectiveness, Context, Developer, Deliberative, Discipline, Empathy, Fairness, Focus, Futuristic, Harmony, Ideation, Inclusiveness, Individualization, Input, Intellection, Learner, Maximizer, Positivity, Relator, Responsibility, Restorative, Self-Assurance, Significance, Strategic, Wooing. Most people have 4 or 5 strengths and how they interrelate often determines where they will be happy at work and in their relationships.

A lot has been said and written lately about Emotional Intelligence where Mind and Feelings are harnessed together in its optimum manifestation. The mindset behind all of this is a strength based environment. Where you excel and do better than most see before they see, adapt before they ever do, catch the nuance where nobody does, see the essence

where others get bogged down in details, see the beauty and elegance where others see disarray, see organization where it is all nonsense to the mass. Where is your genius?

So let me take you on a journey of living from your strengths as it is in the little changes that your life will turn around mostly. The idea is to release your energy so you can get to your strengths and the way you choose to release it is probably a strength.

You get up in the morning: What would be your scenario if you were to live from your light? Have 5 minutes of silence and do what is needed to access that might be to get up earlier? Shower first or go for a walk first? Take care of the kids after or before you had time for a coffee. What would keep your energy flowing? Speak from what is good for you, creating freedom a little bit at the time.

Then looking through the lenses of your strengths: what would you choose to concentrate on and develop at work, at home, in your spiritual life, social life or recreational life?. I know you have obligations, yet choose to build on your strengths at all time, take a class, and meet people who share your interest, take a risk....open one new door per month, per year. How do you function best? Respect it and let it known that it is important to you to people closest to you so you can access inner freedom. Just do it! See what happens to your level of energy. This is not selfishness; this is taking your place in the Universe and allowing others to do the same. Apply a little of : Do what you are best at and let the rest fall where it may...It will be stressful at first but watch what happens and how life rearrange itself to find a way of the other things getting done and if they don't , did they need to be done in the first place? My work in Life Transition Coaching with Executives, Teams and Individuals wanting to work from the inside out to manifest who they are, choosing to shine the light on their own individuals strengths is one of enlightenment and empowerment for my clients as they transition back to themselves.

How does one access a Strength based life? Patience with one self, noticing, getting feedback, coaching, career counselling, The more I read the more the essential strikes me as simple: Be kind to yourself, surround yourself with kind heart people, trust the answers are inside of you, and watch the synchronicities once intentions are set.

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