

Managing Worries, Fears and Anxieties

| Strengths | Needs |
|-----------------------------------|---|
| | |
| How I can use my strengths | What I need to do about my needs |
| | |

When you have done this, you'll be in a much better position to draw conclusions about the way you work. When Nina, a single mother who helped in a charity organization, did this exercise she concluded:

My strengths are that I am an 'ideas person', an innovator and forward planner, and I have a lot of energy and drive