

Mirror of Strengths

Category of Competencies: Positive Self-Concept Skills

Description:

This activity encourages self-reflection and peer feedback to help participants identify and articulate their personal strengths.

Activity Categories:

Individual, Group, In-person, Easy to Prepare, Easy to Implement, One-off Session, Little to No Equipment Needed

Main Competencies Involved:

Accurate Self-Assessment, Empathy, Reflection, Self-Esteem

Other Competencies (Different Category):

Understanding of human behaviour

Resources Needed and Practical Considerations:

A large mirror (if available) or reflective surface, sticky notes or small pieces of paper, pens, a quiet room for the activity, handout with a list of qualities/strengths (to guide reflection)

Estimated Time:

60 minutes

Description of Activity:

Step 1: The facilitator introduces the idea of 'self-concept' and the importance of understanding and valuing one's strengths. Participants are encouraged to reflect on their own qualities that they believe contribute positively to their lives and the lives of others.

Step 2: Each participant receives a handout with a list of qualities or strengths (e.g., empathy, resilience, creativity, integrity). They are asked to stand in front of a mirror or imagine themselves looking into one. Using the handout as a guide, they select qualities that resonate with them, write each on a sticky note, and place them on the mirror or a wall. This step emphasises accurate self-assessment and self-esteem.

Step 3: Once participants have identified their strengths, they write down or explain specific examples of how they have demonstrated these competencies in real-life situations. For example, if a participant lists "resilience" as a strength, they might provide an example of a time when they overcame a significant challenge at school or work.



These examples can be written on additional sticky notes or shared verbally with the group.

Step 4: Participants are paired up or placed in small groups (maximum 4 people). They exchange their sticky notes, and each person in the group provides additional strengths they perceive in the other participants. These new sticky notes are added to each participant's original set. This step focuses on empathy, reflection, and enhancing self-concept through the perspective of others.

Step 5: The group reconvenes to discuss the experience. Participants share how the activity made them feel and how the feedback from peers influenced their self-perception. The facilitator leads the discussion, ensuring that the conversation remains positive and constructive.

List of Personal Qualities and Strengths



Instructions: Review the list of qualities below. Reflect on which of these qualities you believe are your strengths. You may select multiple qualities that resonate with you. You may also add other qualities if desired. Write each selected quality on a sticky note, ideally including an example of how this relates to you or how you use it, and use these to guide your reflection in front of the mirror.

- **Self-Awareness & Self-Reflection**

- Accurate Self-Assessment: Understanding your own strengths and weaknesses.
- Reflection: Thoughtfully considering your experiences and how they shape you.

- **Emotional Intelligence**

- Empathy: The ability to understand and share the feelings of others.
- Emotional Self-Regulation: Managing your emotions in a healthy way.
- Optimism: Having a positive outlook on life and expecting the best outcomes.
- Resilience: Bouncing back from adversity and remaining strong in challenging situations.
- Self-Control: Exercising restraint and mastery over your actions and feelings.

- **Personal Growth**

- Desire to Learn: A strong drive to acquire new knowledge and skills.
- Self-Motivation: Initiating actions and pursuing goals without external encouragement.
- Self-Confidence: Having trust in your own abilities and judgment.
- Self-Direction: Setting and achieving your own goals independently.

- **Integrity & Values**

- Integrity: Sticking to moral and ethical principles, being honest and fair.
- Positive Attitude: Approaching situations with a hopeful and constructive mindset.
- Self-Esteem: Valuing yourself and having a favourable impression of who you are.

- **Interpersonal Skills**

- Assertiveness: Expressing your needs and opinions clearly and confidently.
- Empathy: Being able to understand and relate to others' feelings.

