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# Confident *and* *Killing it*

A practical guide to overcoming  
fear and unlocking your most  
empowered self



## **LEVEL-UP:**

# **ARTICULATE YOUR STRENGTHS**

**Here's a table of strengths to help spark some ideas, in case you get stuck answering the questions on the following page.**

Active	Caring	Determined
Adaptable	Cheerful	Disciplined
Adventurous	Compassionate	Dynamic
Ambitious	Confident	Efficient
Articulate	Considerate	Eloquent
Athletic	Cooperative	Empathetic
Balanced	Courageous	Encouraging
Brave	Creative	Energetic
Calm	Cultured	Enthusiastic
Capable	Curious	Ethical
Captivating	Daring	Faithful

Far-Sighted	Lovable	Resilient
Flexible	Loyal	Resourceful
Focused	Mature	Respectful
Forgiving	Meticulous	Responsible
Free-Thinking	Nurturing	Self-Aware
Friendly	Objective	Selfless
Fun-Loving	Observant	Sensitive
Generous	Open	Sociable
Genuine	Open-Minded	Skilful
Hardworking	Optimistic	Sophisticated
Helpful	Organized	Spontaneous
Honest	Passionate	Strong
Humble	Patient	Supportive
Humorous	Persuasive	Sympathetic
Imaginative	Positive	Talented
Independent	Practical	Thoughtful
Innovative	Productive	Trusting
Insightful	Punctual	Understanding
Intelligent	Purposeful	Vivacious
Intuitive	Rational	Well-Rounded
Kind	Realistic	Wise
Leaderly	Reflective	Witty
Logical	Reliable	

### **1. What do you naturally excel at?**

What's comes naturally to you? What can you do with ease, without having to try too hard? For example, I'm a natural problem-solver. People always come to me for advice. Maybe you're always organised – you're on time, you have plans or processes laid out in a logical order and you have back-up plans if things go wrong.

### **2. What work energises you?**

What skills do you use that make you feel good after you've used them? What can you often do for hours without realising? For example, if you always get lost in brainstorming creative ideas, you're a creative thinker. Personally, I'm always buzzing after events and workshops, and when I'm speaking to groups of people, I feel energy rising within me. This tells me verbal communication is one of my strengths.

### **3. What do people compliment you and praise you for?**

Think of the positive feedback you've had from colleagues, managers, family and friends. If you're struggling to write something down, get on the phone and ask someone you *trust and respect* what they think you're good at doing. The emphasis here is on making sure that this is from someone you trust and respect. Not everyone can see your strengths, so make sure you ask the right person.

For example, maybe you're always the calm and positive voice of reason when everyone is freaking out. So keeping your head is one of your strengths. Or you're very thorough in your work from start to finish. In that case, attention to detail is one of your strengths.

**4. What do you do to add value to people and help them?**

Life isn't just about you, you, you. You can learn a lot about your skills and gifts from how you support other people. I discovered my gift for speaking and drive for social impact when I was volunteering as a youth leader with my local church. If you're really good at being there for your friends, then being supportive and reliable could be some of your strengths. Maybe you're really good at helping people get through challenges. If so, being a problem-solver could be one of your strengths.

**5. Think of a moment when you were proud of yourself, big or small. What strengths or skills were you demonstrating in that moment?**

For example, graduating from university, or getting your first job or perhaps overcoming a challenge. What strengths did you demonstrate to get to that point? If you've survived all the challenges that have come your way, I'm pretty sure you can put down resilience as one of your strengths.

Keep a note of all the strengths you've come up with and create a strengths log either in your confidence journal or your digital notepad. I use Google docs, for example. Whenever you discover a new strength, go write it down in your log.

**Now if you really want to level up, go the extra mile with these two bonus steps:**

- 1.** For every strength write down *why* you believe you have that strength
- 2.** Add *an example* of when you've demonstrated that strength, by using the following formula:

*I am... because...*

*A time I showed this strength was when...*

***For example:*** *'I am resilient because I can bounce back from challenging situations. A time I showed this strength was when the pandemic hit and I lost all my clients and bookings, managed to rebuild and saw more growth than I'd ever seen before.'* (More on that later.)

Knowing your strengths is just the first step, knowing why that strength is yours and a tangible example of when you've displayed that strength will take your confidence to the next level! If you have multiple examples, write them all down – more is best in these situations.

Now you may be thinking, 'Tiwa, why do I have to do this?' Well, the answer is because when that loud and critical Mean Girl in your mind goes, 'Are you *really* resilient? Remember that time you got rejected and cried like a baby – that doesn't look like resilience to me,' what will you say? You've got to come with the receipts!