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Have you ever heard about an ant mill, girlfriend? This happens when a group of army ants lose their trail and end up in a circle, moving in the same direction. It's a bit like a traffic jam, but for ants.

In 1921 William Beebe was the first to record a mill that was 370 metres in circumference. It took eight days to break up.

Sounds familiar? Do you feel stuck in your life, as if you're just going around in circles? The thing is, many of us do.

Here's the game changer: If you want to change something it's better to leverage your strengths rather than your weaknesses.

Author Hyma Pillay explains it as follows: Focusing on your strengths is about seeking opportunities to use what you're good at.

Focusing on things you are weak at diminishes your enthusiasm, self-confidence and performance in general.

First you need to know what they are, though. Many people don't have a clue what their strengths and weaknesses are.

Just be sure to distinguish between weaknesses and areas where you have no experience. If you've never done something, it's not a weakness.

To help you think about what to include on your list, Jonathan recommends asking questions such as:

Why do I like my hobbies? What am I frequently complimented about? What do others usually have to say about me?

Trying to compile such a list could feel bewildering. Luckily there are many free online tests, such as the StrengthsFinder 2.0.

Only after you've spent time truthfully weighing up your strengths and weaknesses, should you ask others

“Every time we make small decisions to fit in, whether as a child or as an adult, we are burying a little part

She says that the opportunities for adults to deny their truth in favour of approval are endless, and choices

Rosie Rees writes that it's important to ask: Who or what is stopping me from fully expressing myself right

Rosie says that a good question to ask is this: Am I willing to lose myself by not speaking my truth

Some people are more naturally predisposed to care what others feel. Is that just a weakness that starts

So, next time you see someone brave enough to stand out rather than fit in, you be their pompom girl