

BOOST YOUR STRENGTHS

Our area for greatest improvement and growth is not our weaknesses – but our strengths!

So, consider for a moment your 3 favorite strengths and ask yourself:

- What opportunities are out there for me?
- How could I use this strength more in life and/or work?
- How could I turn this strength into an opportunity?
- What ideas have I had that I've been putting off?
- Where could I use this strength to make a difference in my life?
- Where could I really SHINE if I just let myself?

| <p>My 3 Favorite STRENGTHS are:</p> <p>What do you most like about yourself?</p> | <p>I could BOOST this STRENGTH by:</p> <p><i>Look at the strengths boosting questions above and write a quick 3-5 bullet point action plan for what you could do to boost your strengths</i></p> |
|---|---|
| <p>1. _____</p> | <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> |
| <p>2. _____</p> | <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> |
| <p>3. _____</p> | <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> |

