



Boost Your Strengths! Take Yourself to the Next Level

BACKGROUND: Culturally we tend to focus on fixing *weaknesses* - but our opportunity for greatest improvement and growth is not by improving our weaknesses but boosting our strengths. For example, on a scale from -5 to +5, do you think you would achieve more by shifting a weakness from a -3 to a -1, or from boosting a strength from a +3 to a +5? And which would be more enjoyable?

Write Out Your Favorite 3 Strengths below, then for each Strength Ask Yourself:

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

1) My 3 FAVOURITE Strengths are: What qualities do you MOST like about yourself? What are you BEST at? What do you most enjoy?	2) I could Boost this Strength by: Review the Strength Boosting questions above, then brainstorm and write below a quick 3-5 bullet point action plan of what you could do to boost your strengths!
1.	1. 2. 3. 4. 5.
2.	1. 2. 3. 4. 5.
3.	1. 2. 3. 4. 5.

3) Finally, to wrap up, Circle ONE Action from Each Strength that you WILL take forwards, and Action it Within the Next Week!



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POST-EXERCISE PONDER: How does it FEEL to focus on your strengths? What do you notice about yourself after completing this exercise? How could you bring more of that into your everyday life?