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 Favourite 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 and/or work?
* 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 career? 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.
 |
| 3. …………………………………………… | 1.
2.
3.
4.
 |

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

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?