**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? So, follow the instructions below to boost 3 of your favourite strengths.

**Write out your Favourite 3 Strengths below, then for each Strength ask yourself:**

* What qualities lie underneath this strength?
* How could I use this strength *more* in life and/or work?
* How could I turn this strength into an opportunity for growth?
* What ideas have I been putting off or avoiding? What could I really enjoy if I 'called in' this strength?
* What other opportunities are out there for me to use this strength in new ways?
* Where could I use this strength to make a real difference in my life? My career? My relationships?
* When and where could I really shine if I just let myself?

|  |  |
| --- | --- |
| **1) My 3 Favourite Strengths are:**What qualities do you like MOST about yourself? What makes you feel good? What are you BEST at? What do you enjoy most?  | **2) POSSIBLE ACTIONS. I could Boost this Strength by:**Review the Strength Boosting questions above, then brainstorm and write below a quick list of 3-5 ideas—things you could do to boost your strengths. |
| **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1.
2.
3.
4.
5.
 |
| **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1.
2.
3.
4.
 |
| **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | 1.
2.
3.
4.
 |

**3) To wrap up, circle ONE action for each Strength that you will take forwards.**

**4) Lastly, write a date next to each circled action. Ideally, take at least one action 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 focus more on your strengths going forwards?