



## Boost Your Strength – Take you 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 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?

<b>1) My 3 FAVOURITE Strengths are:</b> What qualities do you MOST like about yourself? What are you BEST at? What do you most enjoy?	<b>2) I could Boost this Strength by:</b> 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.



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3. ....	1.
	2.
	3.
	4.
	5.

3) Finally, to wrap up, Circle **One Action** from each strength that you WILL take forward, 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?

As a Leadership & Career Coach, I help professionals like you go from stuck to strategic.

If this message resonates, share what you are reflecting on by booking a complimentary Stuck to Strategic Discovery Call" to explore your path forward.

~ **Amazing Coach Sri**

*Transforming Lives through Coaching*