STRENGTHS Booster

Our area for greatest improvement and growth is not our weaknesses – but our Strengths! So, consider for a moment three strengths you have (e.g. great friend; good listener; speak up for what you believe in; good at a sport; creative; etc) 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?

Write down 3 of your favourite strengths in the left column. And then in the right column, use the above questions to come up with 3 actions you can take to boost your strengths!

3 FAVE STRENGTHS	STRENGTH BOOSTER
1.	1. 2. 3.
2.	1. 2. 3.
3.	1. 2. 3.