



# BOOST Your Strengths!



Did you know that our area for greatest improvement and growth is not our Weaknesses – but our Strengths?

So, consider for a moment your Favourite 3 Strengths and for each, 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?

<b>My 3 FAVOURITE Strengths are:</b> What do you most like about yourself?	<b>I could Boost this Strength by:</b> Answer the Powerful Questions above for each Strength. Then write a 3-5 bullet point action plan for 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.