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# DEVELOPING YOUR STRENGTHS



## Executive Summary



GREAT2ME

LIVE A FREE, JOYFUL, POWERFUL LIFE

**T**he key to developing any strength is practice. ***A weakness can even become a strength with practice.*** The challenge is getting yourself to practice regularly and intelligently.

The following strategies are important to remember when furthering the development of a strength.

- ➔ If you find your passion and develop a strength related to it, practicing will be fun. There's no reason to spend a lot of time on something that you don't truly enjoy. Find your passion first.
  
- ➔ Develop a goal. ***Having a goal is choosing to control the direction of your life.*** Otherwise, you're depending on luck to get wherever you end up. Review your goal daily.
  
- ➔ A goal should be specific, measurable, and have a deadline. To be most effective, all 3 characteristics must be present.
  
- ➔ Use meditation to learn to focus your thoughts and energy. The average office worker spends less than 2 hours per day actually doing constructive work. Do you focus better than the average worker?



- ➔ Learn to focus. It's relaxing for your mind and you'll get much more done.
- ➔ Use affirmations to replace negative self-talk. Simply turn the negative stuff around into something positive and supportive.
- ➔ Use visualization to see yourself already being successful.  
***Experience your visions with all your senses.***
- ➔ Measure your progress. This not only includes progress toward your goal, but also how well you're doing with reviewing your goal, your self-talk, level of focus, and more.
- ➔ Practice, practice, practice. The more you practice, the more you'll develop. But practice intelligently; ***have a plan and work on the most important things.***

If you want to develop your strengths, you need to identify them and then practice. Anything that will help you spend more time practicing and practice more effectively is invaluable to your long-term development.

