

# *I call on my strengths*

## **I call on my strengths.**

I accomplish more when I leverage my strengths. I identify the things I am good at and channel my efforts accordingly. There are many ways for me to spot my signature strengths and build on them.

I watch for those times when I feel a sense of flow. Time flies by when I am using my strong points. I feel confident and exhilarated.

I think about past experiences. I notice the patterns behind major victories and happy memories. For more ideas, I read books and browse online for personality tests. ***I feel excited when I discover valuable assets I may be taking for granted.***

I ask others for feedback. My family, friends, and co-workers sometimes see my abilities more accurately than I do.

***Understanding my talents positions me for success.*** I feel motivated and engaged. Playing to my strengths energizes me.

I talk with my boss about how to orient my job to my unique talents. I volunteer to

work on projects that display my flair for marketing or decorating.

My spouse and I work together as a team. We complement each other by sharing our resources. Between the two of us, we can cover just about everything, from financial management to car repairs.

I use my leisure time to develop my strengths further. ***I enjoy challenging hobbies that stretch my skills.***

Today, I focus on my strengths. I excel by expanding on the things I do well.

## **Self-Reflection Questions:**

1. Why is leveraging strengths more effective than fixing weaknesses?
2. What is the relationship between strengths and weaknesses?
3. What 3 strengths describe my personal brand?



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