

# Developing Your Strengths

Answering these questions will help you identify your strengths and create a plan for developing them to your fullest potential.

1. List the skills you know you're good at:

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2. What activities do you enjoy the most? Would you like to develop stronger skills in these activities?  
Which skills?

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3. What are 3 things you've always wanted to do but haven't? What skills would you like to strengthen in order to excel at these activities?

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4. Out of the skills you've listed in the previous questions (skills that you're good at, you enjoy, or you would like to learn), pick 3 that you would most like to develop. Prioritize them either by the easiest to develop so you can strengthen your skills quickly or by which skills would make the most positive impact on your life.

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5. Start with your top priority skill or strength. Write a goal that supports the development of this strength.

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6. Write a step-by-step plan for developing your strength.

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7. As you work to develop your skills, avoid stopping yourself with negative self-talk. What are 5 negative thoughts that occur consistently in your self-talk? What positive statements that support your goals can you substitute for these negative thoughts?

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8. What can you visualize daily that is appropriate for your goal? Do you need to schedule time for this each day to incorporate visualizing into your daily routine?

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9. What can you do to measure your progress? How will you know when you've met your goal?

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After your first priority strength has been developed to a point where you feel you can focus on another one, repeat steps 5-9 with your 2nd priority skill and then your 3rd priority.

Re-write your strength lists whenever you like to keep them updated with your current interests.