

Strengths

DEFINING YOUR VISION

at
**HER
BEST**

One of the most important skills is to accurately identify your own strengths. It's deceptively hard because they're hard to decipher, or you mistake them for simply being "what you are good at."

You'll know they are strengths when you look forward to flexing those muscles, you're in flow or you feel energized and authentic

Directions

1. For a week, whenever you notice an activity that makes you feel like you've loved it. Write down the activity the very moment you see one of the three signs.
2. Whenever you notice an activity that makes you feel miserable—you don't look forward to it, you struggle to concentrate while you're doing it, and when you're done with it you feel drained—write it down in the "Loathed It" column.
3. Be specific—by the end of the week you will have two columns of activities. Reflect on the questions below.

LOVED IT	LOATHED IT

Reflection Questions

What are you noticing?

What are some common themes and patterns?

How can you increase doing what you love?

How can you reduce what you loathe to make it more of what you love?

Action Planning

What are some actions I will commit to focus on bringing more joy and flow in life?

Action

By When

- 1 _____
- 2 _____
- 3 _____