

GET TO KNOW YOUR STRENGTHS

Consider the following journaling prompts to help you understand the value and role of each of your top 5 strengths:

1. When do I use this ability in my daily life?
2. How do I feel when I use this ability?
3. What have other people said about this ability or when have people come to me for this ability?
4. How does this ability of mine contribute to the world?
5. What needs does using this ability satisfy for me?

1

2

3

4

5

APPLY YOUR STRENGTHS

Fill in your 5 strengths along the side and use this table to brainstorm changes, habits, projects, etc. that could help you apply each strength to these 3 areas of your life.

	LIFE	CAREER	RELATIONSHIPS

How will you commit to implementing these ideas into your life in order to create your dream life? Write your action steps here.