

STRENGTHS IN ACTION

WORKSHEET



THE COACHING MASTERS

This worksheet and planner were designed to help you rediscover your strengths and actively put them into action for 28 days. Focusing on your strengths will help you to reduce stress, increase your confidence and self-esteem and boost your mood. Playing your strengths will also help you with staying consistent and reaching your goals faster.

STEP #1

Check your strengths

- Adaptable
- Affectionate
- Ambitious
- Articulate
- Aspiring
- Calm
- Candid
- Capable
- Caring
- Charismatic
- Cheerful
- Clear headed
- Communicative
- Competitive
- Considerate
- Cooperative
- Courageous
- Courteous
- Creative
- Curious
- Decisive
- Determined
- Devoted
- Diligent
- Efficient
- Empathetic
- Endures
- Energetic
- Enthusiastic
- Expansive
- Experienced

- Flexible
- Focused
- Forgiving
- Fortright
- Frank
- Friendly
- Generous
- Grateful
- Hard-working
- Helpful
- Honest
- Humble
- Imaginative
- Independent
- Innovative
- Insightful
- Intuitive
- Inventive
- Involved
- Kind
- Mature
- Methodical
- Meticulous
- Modest
- Motivated
- Natural leader
- Neat
- Objective
- Open minded
- Optimistic
- Organized

- Outspoken
- Painstaking
- Passionate
- Patient
- Perceptive
- Perseveres
- Persuasive
- Polite
- Practical
- Proactive
- Prudent
- Punctual
- Realistic
- Reliable
- Resourceful
- Respectful
- Responsible
- Responsive
- Seasoned
- Self-confident
- Self-directed
- Self-disciplined
- Self-reliant
- selfless
- Sensible
- Serious
- Sincere
- Sociable
- Sympathetic
- Systematic

STEP #2

Focus on your 7 core strengths. Write down all the strengths you checked and select 7 you want to focus on over the course of the next 28 days.

| Strengths I've selected | My 7 Core Strengths |
|-------------------------|---------------------|
| | |

STEP #3

Fill in your weekly strength planner and stick with it for the next 4 weeks.

| DAY | CORE STRENGTH | PLAN (Describe how you will use your strength that day) | REFLECT (Journal about how things went. What went well? What do you want to improve the following week?) |
|-----|---------------|--|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |