

## Practice Leveraging Strengths

Practice **leveraging your strengths** toward your **tasks, goals, and/or challenges** by engaging in the following steps.

**Step One**, list some of your strengths. Remember that a **strength** is the “the ability to provide consistent, near-perfect performance in a given activity” (StrengthsFinder 2.0). (Tip: You have already named and listed several of your strengths in your tool kit. For example, take a look at your “My Strengths DNA” and/or “My Talent and Strengths Grid.”)

These are some of my **strengths**:

**Step Two**, name one of your current tasks, goals, and/or challenges.

This is my task, goal, and/or challenge:

**Step Three**, circle a strength (in Step One) that you think you could intentionally use to accomplish your task, reach your goal, and/or address your challenge.

**Step Four**, explain how you could use the strength you circled.

This is my idea about how I could use my strength toward my task/goal/challenge: