



Module 5 – Develop Your Strengths: Making it Stick, Taking Action & Moving Forward

Keepin' It Real

R_____ your strengths (if necessary)

R_____ your strengths (what's your reminder?)

R_____ on your strengths (how can you make this a habit?)

R_____ your activities (based on your strengths, of course)

R_____ strengths in yourself and others (not just the result)

R_____ the strengths tools (and how you can use them)

Rename Your Strengths

Other Names for my top 5:

How do I remember?

In the past:

- Acrostics and Acronyms
- Rhymes
- Songs
- Visuals
- Writing
- Associations



Reflection

- Did I role model leading from my strengths today?
- Can I spot strengths within members of my team and put their talents to best use?
- Did I see and leverage opportunities for strengths partnerships?
- What activities did I complete today that were energizing and allowed me to use my strengths?
- What activities did I complete today that were draining and did not allow me to use my strengths?
- What might I do to ensure I do more of the strengthening activities?
- Which of my talents will be most crucial to success in reaching my goals? How can I employ that talent more often?
- Are there any of my talents that I am not using to its full potential ? What can I do to better use it or invest in it?

Reorganize

So what can you do to reorganize your life in a strengths-infused way?

Recognize

Who can I recognize for their strengths-infused contributions?



Definitions

Concepts

Tools

Did you do your homework in every module?

If not, pause now and do it (I'll wait!).

Download and retake the Strengths Awareness Assessment

Compare your results. What do you need to review?



Strengths Solving

Strengths:	Focus:
#1:	
#2:	
#3:	
#4:	
#5:	

Strengths Sustaining

_____ Your Strengths

Keep Your Strengths _____ of _____

Use Strengths in _____ Areas of Your _____

Use Your Strengths in _____ Ways

Get _____

Make Your Strengths Cards (Download the [Top 5 Strengths Cards Template](#))

- Give one to someone else in your life and explain to them:
 - What your strengths mean to you
 - How you can contribute on your shared TEAM
 - What you need from them to continue to grow in your strengths journey
- Offer to start or help to sustain them in their strengths journey.



What is your Strengths Plan?

Make it: Specific, Measurable, Achievable, Relevant and Time-bound

Example: I will reflect upon my strengths at the end of each workday by asking myself, “What was the most energizing task I completed today? How did I use my strengths? How can I invest in my learning about this task?”

Your Turn:

Congratulations! Contact me for your graduation certificate and gift. Let’s keep in touch:

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