

How Can You Make the Most of Your Strengths?

“Freeing up and focusing your strengths is a matter of making small adjustments each week, small shifts of focus, small changes in how and where you spend your time at work.” – Marcus Buckingham

These questions are great to answer for yourself or adapt them to ask a team member or someone you supervise.

REFLECTION QUESTIONS:

1. How do your strengths help you complete the work you are paid to do?
2. Think about one specific strengths you have, and ask yourself: “What do I love most about using this strength?”
3. What situations or activities draw from you the very best expression of this strength?
4. How can you intentionally put yourself in more situations (like the one(s) identified in question 3) this week?
5. How can I improve or refine this strength?
6. Each week ask... “What are two actions I can take to utilize this strength in the fullest way?”

SEEK OUT SITUATIONS THAT CALL UPON YOUR STRENGTHS