

THE STRENGTHS STUDIO

Illuminate Potential. Expand Possibility.

THE MICRO-MOMENT ENERGY AUDIT

The Instructions: Choose one theme from your Top 5 to focus on this week. Look for moments when you feel fueled and moments when you feel depleted. Practice the 2-minute pause to reflect, adjust, and move forward with strength.

Checkpoint – Fueled Up: When you are feeling energized, excited, motivated, and want to keep going on a project, you are likely operating in a strengths zone. Practice the pause and ask yourself:

1. What specifically was I just doing?
2. How was my chosen strength for the week emerging or at play?
3. How can I replicate this tomorrow?

Checkpoint – Drained Down: When you are feeling depleted, frustrated, tired, and just want the task to end, you may be overutilizing or underutilizing your themes. Practice the pause and ask yourself:

1. What specifically was I just doing?
2. Which themes might I be overleveraging or underutilizing in this moment?
3. What micro-adjustment can I make right now to re-fuel my energy?