

THE STRENGTHS STUDIO

Illuminate Potential. Expand Possibility.

THE DYNAMIC STRENGTHS-BASED TO DO LIST

The Instructions: Start the week strong. Consider your day ahead and identify the top things you want or need to accomplish. Map them into the framework below to consciously leverage your unique talents rather than let your day happen to you. For each item, identify if it is fueling/draining (+/-), which themes you can leverage for greatest impact, and what you might need to be most effective.

✓	Today's Tasks	+/-	Themes	Needs & Notes

Move Beyond the Task List:

Don't let your strengths just live on the task list. Take time to reflect, connect, and share.

Reflect: Review your list and consider the following:

- Where do you have opportunities to engage in the fueling tasks more frequently?
- Where can you approach the draining tasks in new ways?
- Where do you have micro-successes to acknowledge and celebrate?
- Who might you need to update, involve, or inform?

Connect: Ask a colleague, partner, or team member what's on their to-do list, how they are leaning into their strengths, and what they need. Identify with whom you will connect: _____.

Share Wins: Review your list, share your micro-successes, ask others about their wins. Identify with whom you will share: _____.