

THE STRENGTHS STUDIO

Illuminate Potential. Expand Possibility.

DESIGN YOUR DAY WITH STRENGTH

Instructions: Consider your day (or week) and identify what your top themes need to feel fueled and thrive. Think about your strengths and where you need to be mindful not to overleverage or overextend. Then, identify one action to keep your themes in the strengths-zone!

Top Themes	My Key Need	My Watch Point	One Action

Calibrate and Connect:

Don't let your strengths just live on a worksheet or solely in your mind. Take time to share your insights with others and ask about how they design around their strengths and manage their watch points.

What is one thing you will share this week regarding your strengths and how you design your day?

Strengths-awareness paired with small, intentional actions and meaningful conversations can lead to incredibly fulfilling days.