



COACHING

SUPERCARGE YO STRENGTHS: DEEP DIVE

"When you rise in the morning, give thanks for the light, for your life, for your strengths."

Tecumseh

"You're gifts and strengths were given to you by different experiences, lessons and teachers, don't be selfish, share them with others!"

Jenn Walker

- Read the **"Signature Theme Report"** and **"Strengths Insight Guide"**.
- Highlight or underline the words, phrases, or sentences that that make you awesome.
- Think about your strengths in the context of what you do. How do your strengths differentiate you from the rest? What points add immense value to your clients/customers? What's the impact of your strengths on the people you serve?
- What words, phrases, sentences would you like for clients to see most in you?
- What types of people do you work best with and worse with?

Dive Heart First

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- Read the “**Action Planning Tool**”.
- Which action items speak to you? Highlight the actions that you are most likely to take.
- Choose one action that would give you the most benefit in each strength category. Now, determine one to three actions that you would like to commit to for the next 30 days. How will you commit to taking action? Write down your personalized plan for integrating the 1-3 actions into your everyday for the next 30 days.