

my
STRENGTHS
IN
ACTION

MICROJOURNEY



a resource from

RENAE M. DUPUIS, LLC

This worksheet and planner were designed to help you rediscover your strengths and actively put them into action for 5 days. Focusing on your strengths will help you to reduce stress, increase your confidence and self-esteem and boost your mood. Playing your strengths will also help you with staying consistent and reaching your goals faster.

STEP #1

Circle Your Strengths

<ul style="list-style-type: none"> • Adaptable • Affectionate • Ambitious • Articulate • Aspiring • Calm • Candid • Capable • Caring • Charismatic • Cheerful • Clear headed • Communicative • Competitive • Considerate • Cooperative • Courageous • Courteous • Creative • Curious • Decisive • Determined • Devoted • Diligent • Efficient • Empathetic • Endures • Energetic • Enthusiastic • Expansive • Experienced 	<ul style="list-style-type: none"> • Flexible • Focused • Forgiving • Forthright • Frank • Friendly • Generous • Grateful • Hard-working • Helpful • Honest • Humble • Imaginative • Independent • Innovative • Insightful • Intuitive • Inventive • Involved • Kind • Mature • Methodical • Meticulous • Modest • Motivated • Natural leader • Neat • Objective • Open minded • Optimistic • Organized 	<ul style="list-style-type: none"> • Outspoken • Painstaking • Passionate • Patient • Perceptive • Perseveres • Persuasive • Polite • Practical • Proactive • Prudent • Punctual • Realistic • Reliable • Resourceful • Respectful • Responsible • Responsive • Seasoned • Self-confident • Self-directed • Self-disciplined • Self-reliant • selfless • Sensible • Serious • Sincere • Sociable • Sympathetic • Systematic
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STEP #2

Focus on your 5 core strengths. Write down all the strengths you checked and select 5 you want to focus on over the course of the next 5 days.

<i>Strengths I've selected</i>	<i>My 5 Core Strengths</i>

STEP #3

Fill in your weekly strength planner make time each day to reflect

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Journal about how things went. What went well? What might you do differently next time?)</i>
1			
2			
3			
4			
5			

What did you learn? Would you like to repeat the process for the next 5 days?