



Angel's Friendly Coaching

ANGEL'S FRIENDLY COACHING



BOOST YOUR STRENGTHS!

Did you know that our area for greatest improvement and growth is not our Weaknesses – but our Strengths?

So, consider for a moment your Favorite 3 Strengths and for each, ask yourself:

- What opportunities are out there for me?
- How could I use this strength more in life and/or work?
- How could I turn this strength into an opportunity?
- What ideas have I had that I've been putting off?
- Where could I use this strength to make a difference in my life?
- Where could I really SHINE if I just let myself?

**My 3 FAVORITE Strengths are:
What do you most like about yourself?**

I could Boost this Strength by:

Answer the Powerful Questions above for each strength. Then write a 3-5 bullet point action plan for what you could do to "Boost your Strength"!

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