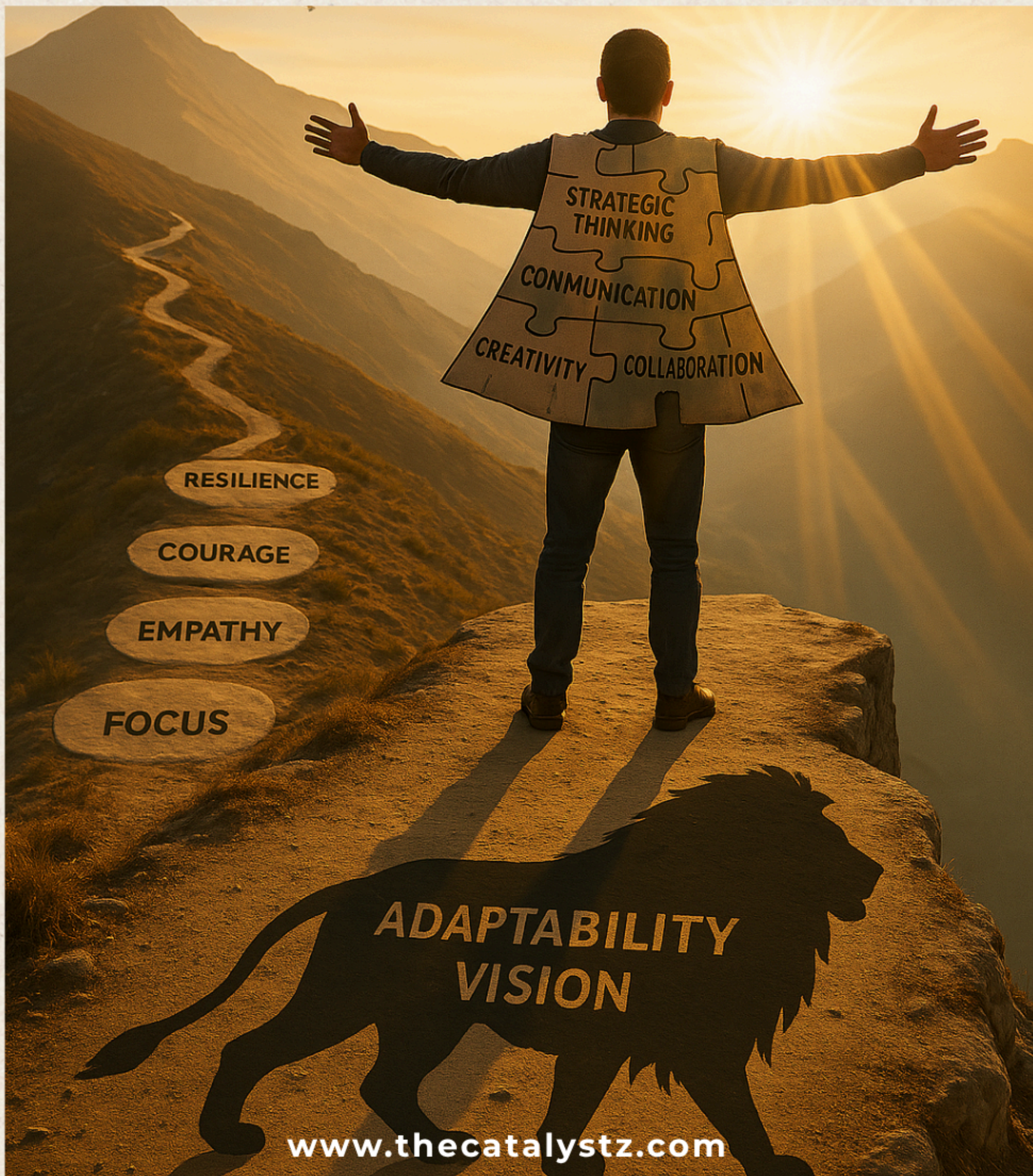


My



# STRENGTHS IN ACTION WORKSHEET



*The Catalystz*

GROWTH SOLUTIONS ACCELERATED

# WHEN YOU ACT FROM YOUR STRENGTHS, SUCCESS BECOMES INEVITABLE

This worksheet and planner were designed to help you rediscover your strengths and actively put them into action for 28 days. Focusing on your strengths will help you to reduce stress, increase your confidence and self-esteem and boost your mood. Playing to your strengths will also help you with staying consistent and reaching your goals faster.

## STEP #1

Check your strengths

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

Focus on your 7 core strengths. Write down all the strengths you checked and select 7 you want to focus on over the course of the next 28 days.

<i>Strengths I've selected</i>	<i>My 7 Core Strengths</i>

## STEP #3

Fill in your weekly strength planner and stick with it for the next 4 weeks.

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 do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

## REFLECTIONS

Take a quiet moment. Breathe. Revisit what you've uncovered.

What stood out the most to you? Write freely – a thought, a feeling, a breakthrough, or a shift in awareness.

## ALIGNED ACTION POINTS

Clarity without action is potential left untapped. Choose 1-3 inspired steps you will take to honour your inner work. Keep them small, soulful, and doable. Consistency builds confidence.

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**Transformation is not a moment. It's a commitment.**

Revisit this worksheet in 7 days. See what shifted. Celebrate what healed. Honour what still needs space.