

How to Play to Your Strengths

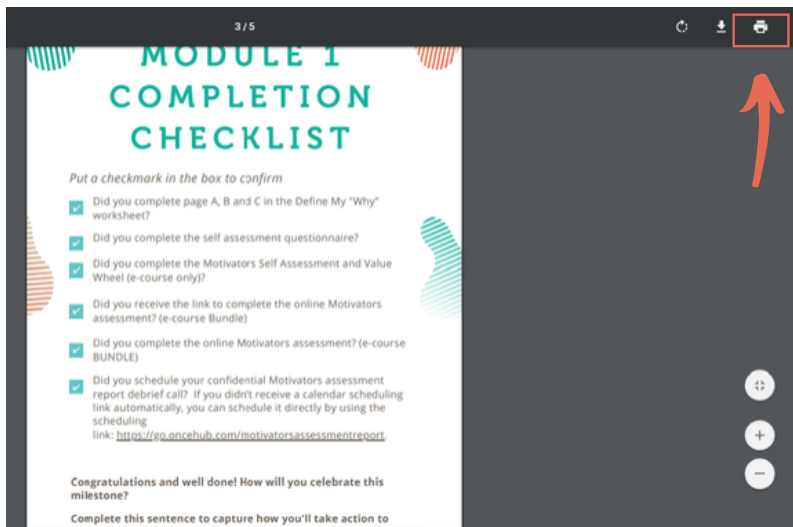
Over the course of 2 normal days, be present for your emotions and the experiences you have during the day. Capture in the plus column (+) what you were doing, thinking, experiencing or the person/people you were with when you felt you had more energy, more enthusiasm and more confidence. Conversely, capture in the minus (-) column, what you were doing, thinking, experience, or the person/people you were with when you feel energy drained from you, when you felt unsure, uncomfortable or self conscious.

Once you've captured your plus and minus experiences for 2 days, take time to reflect on what you're doing that allows you to play to your strengths, feel more self-assured, confidence, and positive.

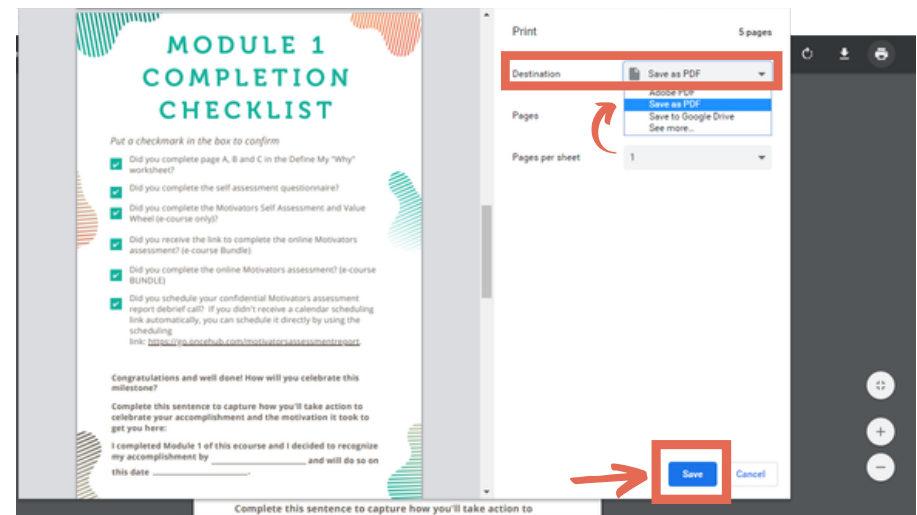
Make a conscious effort to add more to your plus column and see what it does for your energy level, your motivation, and your sense of self-appreciation. Be intentional about this activity and make a positive commitment to your well-being. Trust me, you're worth it!

Guide on how to save your worksheet

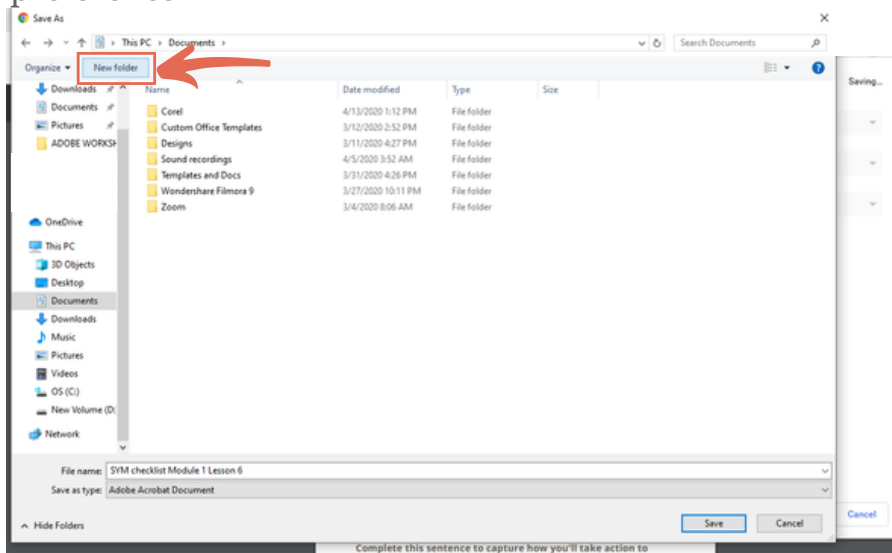
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

