



LEADERSHIP VISION

Growing in your Strengths

To get an **editable** version of this, click *File - Make a Copy*. This will save an editable copy in your own docs account. If you don't have a google doc account, you can go to *File - Download As*, and save it as whatever file type you prefer.

Strengths development is a lifelong process. The following activities are intended to be completed at various intervals along your Strengths journey. They will help you gain continuous insight on both a personal and professional level. Go ahead and try them in a variety of contexts.

If you would like to speak directly with a Leadership Vision Consultant to see how we might assist you in reaching a more in-depth understanding of your Themes of Strength, please contact us. We have some additional services that may be helpful to you.

Daily

At the end of every day, take 5 minutes (no more) and think about or jot down a few examples of where you saw one or more of your Strengths at play that day.

- 1.
 - 2.
-

Weekly

At the beginning of the week, think into a few big tasks you have coming up. Jot down two ways you can approach them using your Strengths. At the end of the week, reflect back on whether or not you were able to engage your Strengths the way you intended.

- 1.
 - 2.
-

Monthly

Take a good friend, trusted co-worker, or close family member out for coffee. Ask them to read through your ThemePrint packet ahead of time. Then, seek their feedback to gain a different perspective on how they view your Strengths.

In Six Months

Do the whole course again! [Start from the beginning](#) and go through everything. Now that you know what you know about your Top5 StrengthsFinder themes, what has changed? What is the same? What areas have you grown? What areas do you need to grow?