Leading with Steady Action in 2025

Step 3: Finding Motivation
To start writing, click on File, then "Make a copy" and save it alongside your responses to step 1, perhaps in a folder labeled "My 2025 Development Action Plan" or "2025: Leading with Steady Action." We'll add to it as we go.

Tool: Using your strengths to find motivation

What: Apply the VIA Character Strengths to your development project

Why: To find motivation to work on what's important to you

Time: 30 - 60 minutes

Instructions:

1. Find a space where you feel relaxed and open-minded.
2. Choose one of the options below to learn more about your values and/or another way of connecting with your values.
    a. Peruse the 24 character strengths (5 minutes)
    b. Take a free survey to discover your own strengths (10 minutes)
    c. Get the Total 24 Report for more in-depth results and support: (20 minutes, $49)
3. Soak in your own strengths / values (10+ minutes).
4. Bask in the sun of your values and strengths (timeless)
5. Revisit the area you chose to develop in Step 1 (5 minutes)
6. Update it to reflect your value(s) and perhaps answer the question "what do you want, *really?*" (10+ minutes)

[Example of an updated development project]

Here is an updated statement after reflecting on strengths of curiosity, zest, love of learning, appreciation of beauty and excellence, and love.

I want to help people connect with the people and things they love. I want to attend music and theater productions for inspiration. I want to use that inspiration to create social experiences for friends, family, neighbors, colleagues, and people who feel disconnected. I hope these experiences will:

(1) remind us how good it is to have fun and relax with others, maybe in a different way that takes us outside our routines, and
(2) make it easier to get together the next time

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Additional reflections on how this works: *I feel more motivated to act on this idea now that I've connected it to my strengths/values. I feel more comfortable taking a next step. The next step I see right now is to ask my neighbors for their ideas on how to create more of a sense of community on our block, which I can do on an upcoming weekend.*