

Strengths Assessment Exercise

Applying Strengths to Goals

Applying your strengths to your goals increases likelihood of accomplishing them. This resource will assist with breaking down your goals and intentionally applying your strengths. Quarterly check ins are recommended to identify how impactful they are affecting goal completion and to see where strengths may need to be adjusted.

YOUR TOP STRENGTH RESULTS

YEARLY GOAL #1

WHAT STRENGTHS CAN SUPPORT THIS GOAL

HOW CAN THE STRENGTHS BE APPLIED TO DAY TO DAY WORK

HOW TO BE CAREFUL TO NOT USE YOUR STRENGTH(S) TO NEGATIVELY AFFECT PROGRESS TOWARDS GOAL

REWRITE GOAL TO INCORPORATE STRENGTHS



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YEARLY GOAL #2 _____

WHAT STRENGTHS CAN SUPPORT THIS GOAL _____

HOW CAN THE STRENGTHS BE APPLIED TO DAY TO DAY WORK _____

HOW TO BE CAREFUL TO NOT USE YOUR STRENGTH(S) TO NEGATIVELY AFFECT PROGRESS TOWARDS GOAL _____

REWRITE GOAL TO INCORPORATE STRENGTHS _____

YEARLY GOAL #3 _____

WHAT STRENGTHS CAN SUPPORT THIS GOAL _____



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HOW CAN THE STRENGTHS BE APPLIED TO DAY TO DAY WORK _____

HOW TO BE CAREFUL TO NOT USE YOUR STRENGTH(S) TO NEGATIVELY AFFECT PROGRESS TOWARDS GOAL _____

REWRITE GOAL TO INCORPORATE STRENGTHS _____

