

# Bring your Strengths to the Challenge

## Step 1: Identify your strengths

Take the free Strengths Profile survey

## Step 2: Apply your strengths to a current challenge

This step is divided into two sections: situations that we can influence and those we can't. To maximise your practice in applying strengths, think of different types of challenges (within your control or not) and fill out the boxes below.

**A current challenge that is within my control or sphere of influence:**

What ways can I improve this situation?

What might stop me from improving this situation?

Which strengths can I bring to help me here?

**A current challenge that is outside my control or sphere of influence:**

What way can I show up that would serve me best?

What might stop me from showing up this way?

Which strengths can I draw upon to support me?

**Step 3: Keep the momentum going! Join the expert thinkers who are playing to their strengths and more:**

Hold That Thought

Weekly insights worth sharing

Get insights and free resources (like this one!) in the weekly [Hold That Thought newsletter](#)

# Bring your Strengths to the Challenge

## Example Worksheet

### Step 2: Apply your strengths to a current challenge

This step is divided into two sections: situations that we can influence and those we can't. To maximise your practice in applying strengths, think of different types of challenges (within your control or not) and fill out the boxes below.

#### A current challenge that is within my control or sphere of influence:

*I'm finding it difficult to stay focused on writing longer blog posts and articles.*

What ways can I improve this situation?

*Breaking the task into smaller chunks, tiny routines that help me get into the work (and stay there)*

What might stop me from improving this situation?

*Distractions and shiny things, justifying doing other work instead*

Which strengths can I bring to help me here?

*I can use my love of Detail (editing, finessing, noticing) as a motivator for the end of each small chunk of work (instead of saving it until I'm finished)*

#### A current challenge that is outside my control or sphere of influence:

*Harmful people on social media who spread misinformation and sow discontent.*

What way can I show up that would serve me best?

*Strong in my beliefs and my mission to help others become critical thinkers (rather than showing up ready to fight)*

What might stop me from showing up this way?

*My ego. People I care about who are angry and defensive. Desire to take aggressive action, to do something drastic.*

Which strengths can I draw upon to support me?

*Unconditionality — I want to hold people in positive regard.  
Strategic awareness — keeping the bigger picture in mind*

### Step 3: Keep the momentum going! Join the expert thinkers who are playing to their strengths and more:

Hold That Thought

Weekly insights worth sharing

Get insights and free resources (like this one!) in the weekly [Hold That Thought newsletter](#)