

UPHELD

COURAGE ★ CONFIDENCE ★ CLARITY

WEEK 3:
TAP YOUR TALENTS

Your Strengths in Action

Reflect

Consider the following coaching questions based on your recent completion of the Clifton Strengths assessment. While you have the official Clifton Strengths report, my goal is to support your self-reflection and personal inquiry.

Which 1 of your Top 5 Signature Strengths have you seen in action the most over the past few weeks?

How can you more intentionally apply your strengths?

How has your recent focus on your strengths impacted your ability to tune into the talents of others around you?

How can your strengths support your journey to where you'd like to be in the next 3 years (recall the 'future self' exercise)?

What activities energize you the most right now?

What activities deflate you the most right now?

Do you have any questions for me about your Strengths? Please let me know via email or in office hours as we can absolutely discuss. Remember: Your strengths are neutral – they can help and/or hinder you.

Extend

Learn more about the basics of Strengths via my blog article:

<https://www.latondramurray.com/are-you-using-your-strengths/>

You'll also receive a personalized video highlighting a few patterns/insights noted as I review your Top 5 (or Fully Ranked List of 34 if you have it).

Apply

Make a commitment to leverage your strengths for your own benefit. How can your talents move you closer to your most critical personal and professional goals? What 3 strengths-based actions can you take to move ahead?