



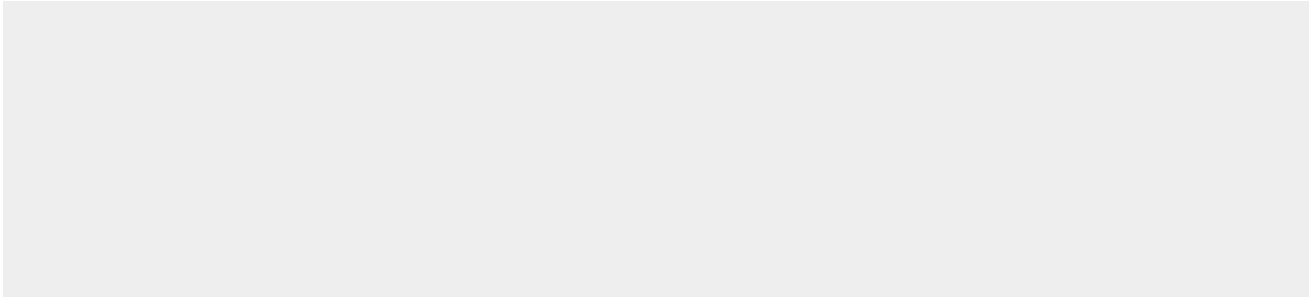
# *Strengths Squad*

Week 4: Accelerate Your Ascent

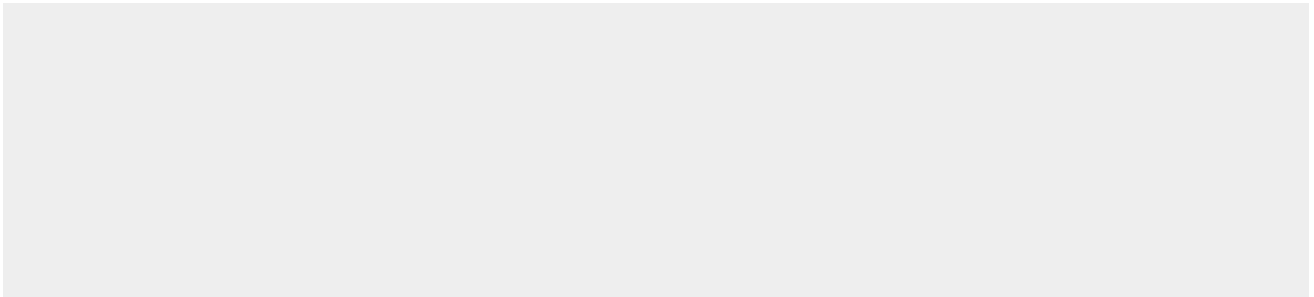


**Answer the questions below to document your strengths action plan and increase your momentum.**

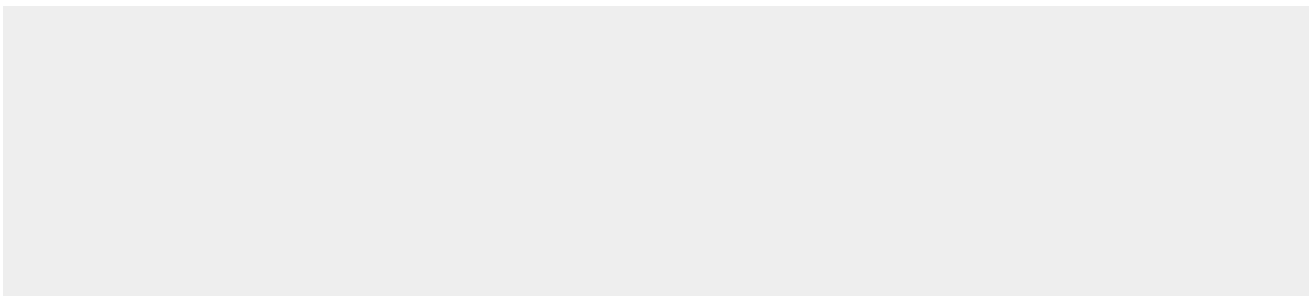
**1. How will you use your strengths at work going forward?**



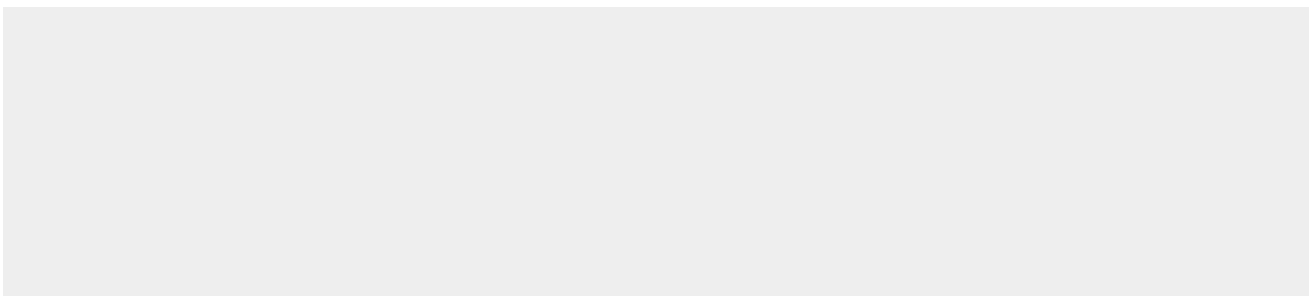
**2. Which activities will you pursue outside the office to tap your talents?**



**3. What are you willing to do more of in celebration of your strengths?**



**4. What are you willing to do less of in recognition of your strengths?**



**5. Which of your dominant strengths (Top 10-12) will you refine and enhance in the next 3 months? List your Top 5 choices below and at least 2 steps that you can take to extend each talent.**

**Theme** \_\_\_\_\_

**Theme** \_\_\_\_\_

**Theme** \_\_\_\_\_

**Theme** \_\_\_\_\_

**Theme** \_\_\_\_\_

**6. What do you want in life and how can your strengths help you create it?**

