

# STRENGTHS & OPPORTUNITIES: LET'S FOCUS!

In this course, you've explored your strengths and opportunities by gathering feedback, taking assessments and reflecting on your own views and beliefs. It's now time to bring all of your findings together.

This final section will help guide the work you pursue, will help you focus our personal brand, and will also help you identify how you can level up as a leader.

Let's get started! 🦊

# REMEMBER!

- You should spend about 45 minutes filling out this section.
- Be thoughtful and don't rush through the questions, but also don't overthink it. Write what comes to mind. Done is better than perfect!
- If you get stuck or have a question, share it with the community.
- Save this worksheet in an accessible place.

# TOP 5 STRENGTHS

1. Review the feedback you received, your own self assessment, and the Strengthsfinder results. Are there any commonalities among all three? What strengths show up most frequently? List the top 5 strengths you'd like to highlight. \*Don't overthink it. Strengths can be fluid as you have new experiences.\* Go with your gut.
2. Next to each strength, outline the area where this strength has been demonstrated. This will give you tangible examples to share with others.
3. As a last step, start to identify action items you can take to leverage your skill set (e.g. tackle a new project at work, identify new job opportunities if you're looking for a new job, etc.). Select these based on your current needs and goals. You will also work on this with your coach if needed.

Top Strengths	Area Where Strength Has Been Demonstrated	What are some ways you can leverage your top strengths? Identify action items.

# TOP 5 OPPORTUNITIES

1. Review the feedback you received, the Strengthsfinder results and your own self assessment. Are there any commonalities in the opportunities that show up for you? What opportunities show up most frequently? List the top 5 (or less) opportunities you'd like to highlight.
2. Next to each opportunity, reflect on whether this is an area in which you can grow (e.g. improve your confidence, work through your fear, improve your focus), or if this is a "weakness" that signifies that your work is not in line with your natural strengths. \*Don't overthink it. Just like strengths, opportunities can be fluid as you have new experiences.\* Go with your gut.
3. Next, take a stab at how you'd like to work on developing your opportunities (e.g. get more support, take action on an event that scares you, delegate a task that's not in line with your strengths, etc.), but also discuss this with your coach so she can help you identify key strategies and next steps.

Opportunities	Not in Line with Natural Strength or Growth Area?	How Will You Work On This Opportunity?

# NOTES

Use the space below for additional notes and questions.