

14-Day Strengths Challenge

Discover what brings out your best - and what gets in the way.

At the end of each workday, take a few minutes to answer the two questions below. Note specific tasks or moments. Keep it brief and honest: you are looking for patterns, not perfect days.

Name: _____ Start date: _____

DAY	What brought out my best today? Strengths, energy and focus	What drained my energy or got in my way?
01 Date: _____	_____ _____	_____ _____
02 Date: _____	_____ _____	_____ _____
03 Date: _____	_____ _____	_____ _____
04 Date: _____	_____ _____	_____ _____
05 Date: _____	_____ _____	_____ _____
06 Date: _____	_____ _____	_____ _____
07 Date: _____	_____ _____	_____ _____

NOTICE FIRST. THEN LOOK FOR PATTERNS.

A draining task does not automatically mean you lack ability. Notice the conditions too: interruptions, unclear expectations, timing or the support available.

Continue with Days 8-14 on the next page. Then use your observations to identify one change that helps you spend more time using your strengths.

14-Day Strengths Challenge

Discover what brings out your best - and what gets in the way.

Continue noticing when you feel energized, capable or absorbed in your work, and when you feel frustrated or depleted. After Day 14, look back across both pages and choose one practical change.

Name: _____ Week of: _____

DAY	What brought out my best today? Strengths, energy and focus	What drained my energy or got in my way?
08 Date: _____	_____ _____	_____ _____
09 Date: _____	_____ _____	_____ _____
10 Date: _____	_____ _____	_____ _____
11 Date: _____	_____ _____	_____ _____
12 Date: _____	_____ _____	_____ _____
13 Date: _____	_____ _____	_____ _____
14 Date: _____	_____ _____	_____ _____

AFTER DAY 14: TURN INSIGHT INTO ACTION

Which strengths and energizing activities showed up most often?

What repeatedly drained my energy or got in my way?

What one change will I try to use my strengths more often?
