

Playing to your strengths

- Next steps
 - Do more of what you love each week
 - Send me your biggest problems and frustrations

- Check list
 - The statement has emotional punch
 - I'm good at it
 - I look forward to it
 - I enjoy getting better at it
 - I feel good afterwards

- Clarify
 - Does it matter why?
 - Does it matter with/to/for whom?
 - Does it matter when?
 - Does it matter what it is about?

- Why
 - Research shows that it's easier to get from great to outstanding than from good to great
 - You'll be happier and contribute more
 - Joy and fulfillment is a requirement for inspired work

- What is a strength
 - Good at it
 - Feel good
 - Before
 - During
 - After

- Identify
 - Write down as you experience it
 - Love only - ignore the neutral or hate
 - At the end of the week, pick the three best