

Harness Your Strengths

Write down three of your strengths. Then pick three actions that you can do to demonstrate each of them this month. Make sure that the actions you choose are Specific, Measureable, Attainable, Relevant and Time-base (SMART).

Strength 1:

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Actions	<input type="checkbox"/>
	<input type="checkbox"/>
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Strength 2:

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Actions	<input type="checkbox"/>
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Strength 3:

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Actions	<input type="checkbox"/>
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Harness Weaknesses

We all have a voice in our minds that tries to convince us not to do the things that we know are good for us. Maybe we'll hit the snooze button, or put ourselves down in some way.

This month, every time you notice a negative thought, Write down an action you can take right now to either disprove it, or work towards disproving it. Write it as if you're recording an action you've already taken.

Over time, you'll train yourself to use your negative thoughts (weaknesses) as a springboard for positive action. At the same time, you'll end up with a mountain of evidence as proof that your negative thoughts are false.

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Harness Weaknesses

Evidence against my negative thoughts!

Actions	<input type="checkbox"/>	
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