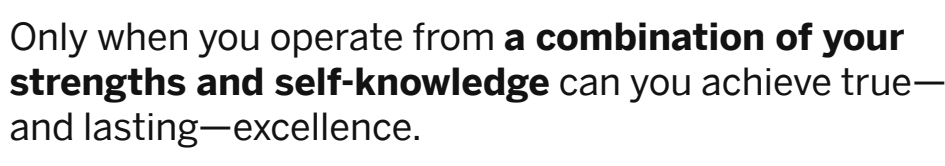


Define Your Purpose



–Peter Drucker

Key Takeaways of Week 1

Take responsibility for claiming your strengths by recognizing the **things that give you energy.**

Your **greatest areas of opportunity** are your strengths.

You can't turn something that depletes your energy into a strength, but you can take steps to **stop or minimize the impact** the activity is having on you.

“Walking your why” is the art of living by your own **personal set of values** – the beliefs and behaviors that you hold dear and that give you meaning and satisfaction.



Review your strengths self-assessment or your StrengthsFinder 2.0 Report. Complete this table by listing your top five Signature Strengths.

How do I experience this strength in my job?

How can I better leverage this strength in my job?

It could be your manager, a coach, mentor, or a peer.

Share with your strengths buddy a **challenge that you are currently facing** in your job. Discuss how you might leverage one of your strengths to meet this challenge.

What are your values?

Possible actions to take

How did it go?

Answer the four questions in this table. Think about your strengths from above and ways in which you can use your uniqueness to bring value

Identify actions that you can take to help you live out your values. Give yourself timeframes, such as something you want to do this week or this month and long-term

Did anything interesting or surprising happen when you executed your Action for the Week?

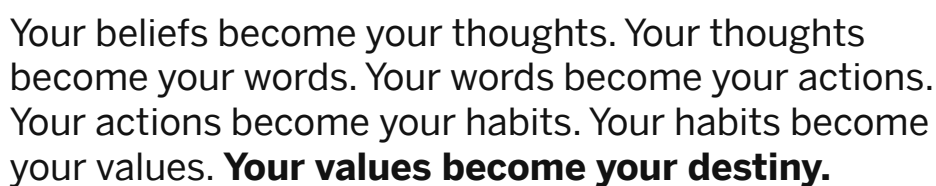


What makes you come alive, what kinds of situations make you feel most vital?

What are your innate strengths, what makes you stand out from other people?

Where do you add the greatest value, what problems can you help solve?

How will you measure your life, what do I want my life to be about?



–Mahatma Ghandi

Write your personal mission statement

Refine and craft your Personal Mission Statement in the box below into something that provides focus and purpose every day. Your life is a journey and your mission statement is your map. Update it as your circumstances, goals and dreams change.

The [FranklinCovey website](#) has an online tool to guide you in the development of a Personal Mission Statement.

Further Reflections

How does this information help you better understand your strengths and what makes you unique?

How can you apply this knowledge to add value to your team or organization?