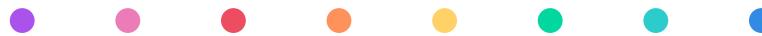


WEEK 1 REWIREMENT



USE YOUR SIGNATURE STRENGTHS:

Go back to the course under “Your Rewirements for this Week” for resources on how to determine your signature strengths and a list of ideas on how to use them. Once you have discovered your top strengths, try to use them in new ways every day for a week.

LIST YOUR TOP STRENGTHS:

- 1
- 2
- 3
- 4

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.

