

# 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.*

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