

Incorporating Your Strengths, Powers and Talents into Your Life Worksheet



Step 1: List your strengths from the worksheet in Module 2

Step 2: List your powers from the worksheet in Module 3

Step 3: List your talents from the worksheet in Module 4

Step 4: Record at least 3 actions you can take in your daily work or life routine that you have choices about how to execute or approach. Each action should include at least one strength, one power and one talent. They could be general responsibilities, individual tasks or routine activities and actions. Make at least 1 that is achievable now (weeks – months), 1 in the near future (months – a year) and 1 in the far future (1 – 5 years). Start to take actions in both your immediate and near future. Break your far future plans into smaller steps, where some can be taken in weeks or months. Start some of those steps for actions in your far future.

Some examples:

Set up a machine, a cash register or a computer

Design a new product, make up a joke, or say something meaningful to someone

Fill out accounting ledgers for credits and debits

Create a new piece of art, dance or music

Practice a sport skill

Take some photos

Do some volunteer work

Provide services – cleaning, professional, legal, food

Train or educate people

Step 5: Now take the action that you used your strengths, powers and talents in your immediate future. List how you used at least one of your strengths, powers and talents. List them below with the timeframe you did it.

Step 6: List any reasons that may have come up that you could not use your strengths, powers and talents now. What stopped you? Was there a person stopping you? Was there a choice you made that stopped you? Was there a belief you had that you could not?

Step 7: Now take the list of why not and ask, “How CAN I use my strength, power or talent here?” Brainstorm ways to get around or over what is stopping you. Ask someone you trust for help if you need.

Step 8: Having taken some actions for using your strengths, powers and talents in your near future, list the actions of how you used at least one of your strengths, powers and talents. List them below with the timeframe you took that action.

Step 9: List any reasons why you may think that you could not use your strengths, powers and talents for the near future. What was stopping you? Was there a person stopping you? Was there a choice you have made that stopped you? Was there an event or circumstance that stopped you? Do you have a belief about yourself that is stopping you?

Step 10: Now take the list of why not and ask, “How CAN I use my strength, power or talent here?” The key is having an attitude of I Can. Brainstorm ways over or around what was stopping you. Ask someone you trust to help you if you need.

Step 11: Having taken some action steps toward far term actions for using your strengths, powers and talents write the results here. This may eventually require some major changes or life decisions. List how you used at least one of your strengths, powers and talents in your steps towards them. List them below with the timeframe that you did it.

Step 12: List any reasons why you may think that you cannot use your strengths, powers and talents in your far future. What is stopping you? Is there a person stopping you? Is there a choice you have made that stops you? Are you putting someone else's needs ahead of your needs? Have you confused needs with wants? Are you afraid of losing love from someone? Are you afraid of what others will think? What beliefs do you have about you that may be stopping you (see the tip sheet to muscle test beliefs for possible beliefs)?

Step 13: Now take the list of why not and ask, "How CAN I use my strength, power or talent here?" Brainstorm ways over or around what is stopping you. Ask someone you trust to help you if you need. Think about how you can find your needs met and those of your loved ones at the same time. What beliefs do you carry about who you think you are that can be changed? Ask yourself, if I had everything in my life going my way, what would I do?

If you are feeling obstacles or beliefs in your way for making plans or taking actions to express your strengths, powers and talents, use the tip sheets with any of the corresponding meditations. If you just want healing, do the healing meditation. Maybe you just want to be in the moment. There is a general meditation you can use for that or anything else you desire.