



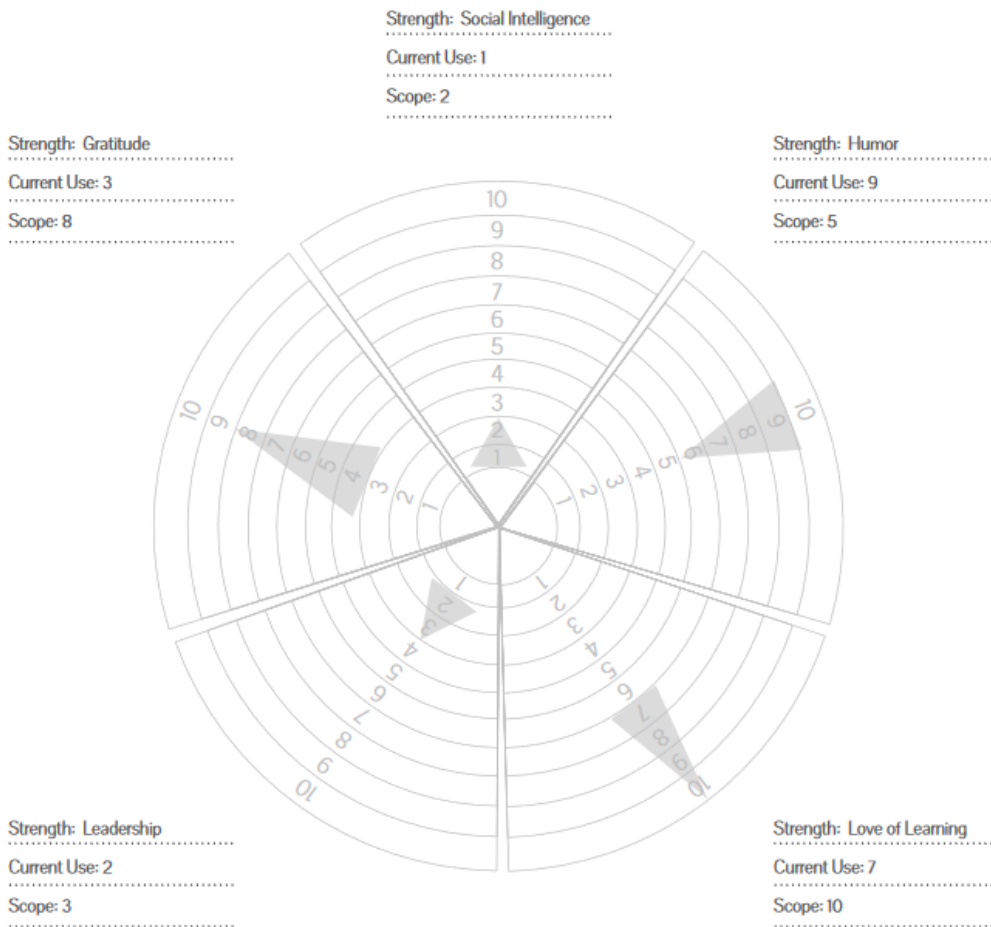
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THE STRENGTHS WHEEL

In order to optimize strength use, it is important to become aware of the potential for growth in a given context. For some strengths, there may be sufficient room and opportunities for using them more frequently and/or more intensely. For other strengths, certain limitations may prevent the strengths from being used more. The present exercise can be a valuable tool for gaining access to this information.

GOAL: The goal of this exercise is to create a graphical representation of the possibility for existing strengths to be used more or less. The advantage of using this approach is that you can immediately see what strengths are used too little, or too much. In addition, this exercise offers a nice starting point for creating future plans to increase or optimize strengths use.

Context: Work





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Answer these questions after filling out the graph below:

What do you notice when you take a look at the graph?

Overall, how would you consider your strengths to be useful in this context?

Which strengths could be used more?

Which strengths leave little or no room for expansion?

What could you do to start using your strengths more in this context?

Strength:

Current Use:

Scope:

Strength:

Current Use:

Scope:

Strength:

Current Use:

Scope:

Strength:

Current Use:

Scope: