

Fast-Skills Series

Leading From Strengths Worksheet

Your intention in prepping for your performance review is to...

- Mining the past for our successes makes it possible to replicate and expand them in the future.
- As we see and appreciate our strengths in ourselves, it becomes easier to create value.
- It also becomes more possible to deploy our strengths strategically in relationships with others at work and home.
- It also becomes easier to see others, even those who are frustrating us, through a strength-based lens, which makes us better leaders and parents.

Take the VIA Character strengths assessment as part of our community: <http://LeaderMom.pro.viasurvey.org>

Write down your top 5 strengths:

Top Strengths	Definition/What It Means	How You Feel About That Being a Top Strength?

Next, list your 3-5 personal highpoints, at work or home. These are times that you worked hard to achieve something significant. You look back on the experience, ultimately, as a positive and valuable one, even if it was a struggle or challenge at the time!

Highpoint Experiences	Which Top Strengths Are Evident in that Success	How Others Experienced My Strengths (words, deeds, etc.)