

superlife stepping out strong[™]

PART TWO

Start with your top 5 strengths (or any other core strengths), as identified by the VIA Strengths Survey report, and answer the following simple questions:

YOUR CHOSEN 5 STRENGTHS:

1.

2.

3.

4.

5.

HOW DO YOU CURRENTLY USE THESE STRENGTHS?

HOW COULD YOU USE THEM IN MORE SITUATIONS, MORE OFTEN?

HOW COULD YOU USE YOUR STRENGTHS SPECIFICALLY TO HELP YOU ACHIEVE THE GOALS YOU'VE SET FOR YOURSELF IN THIS SUPER LIFE PROGRAM?