**Using my Signature Strengths to Achieve my Goals**

List of Signature Strengths:

Use the table below to explore how each of your strengths can help you achieve your goals.

|  |  |
| --- | --- |
| Name of signature strength | Answers |
| How do I use this strength already? |  |
| In what areas of my life do I use this strength? |  |
| What other areas in my life could I use it more? |  |
| What other ways I could use this strength? |  |
| What is my plan? What exactly would I like to do?  What is my goal? (e.g. exercise 3 times a week, attend all my lectures, meet deadlines, make time to contact friends etc. |  |
| When will this happen? |  |
| What will I achieve if I work at this? |  |

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