



HOW TO MAXIMIZE
YOUR PERSONAL

Strengths

WWW.TABITHASTITT.COM



Your Vision & Mission



Why do your strengths matter?
What do they say about you?
Are you born with them
automatically and/or do you
discover and build them over time?

These are questions for you to dig
deeper. YOU have the answers and
wisdom within and without.

So, what's YOUR mission for this
assignment? What are you really
seeking? *Seek and you shall find.*

YOUR PERSONAL STRENGTHS

Synonyms



WAYS TO IDENTIFY YOUR

strengths

STRENGTHS

- PERSONALITY TRAITS
- LEARNING PREFERENCES
- PAST EXPERIENCES
- ENERGY LEVEL
- EXPERTISE
- PERCEPTION
- INNATE TALENTS/SKILLS
- ARCHETYPES/SYMBOLOLOGY
- NATURAL KNACK
- PASSIONS/AMBITIONS
- MULTIPLE INTELLIGENCES
- ANCESTRY
- KNOW-HOW
- PREFERRED METHODS
- ACTIVITIES
- YOUR FOCUS/INTENTION
- LIKES/DISLIKES
- _____
- _____

STRENGTHS

- STYLE
- PERSONAL STORY
- TRAUMA/CHALLENGES
- INTERESTS
- EASE OF ABILITY
- UNIQUE PERSPECTIVE
- ONLINE ASSESSMENTS
- ENVIRONMENT
- CHOICES/DECISIONS
- CURRENT SITUATION
- BELIEFS/VALUES
- CREATIVITY/CURIOSITY
- CHILDHOOD MEMORIES
- RELATIONS
- FAVORITE MATERIALS
- LIFE LESSONS
- PATTERNS
- _____
- _____

THE 3 STEPS TO *Maximize*



STEP 1 - AWAKEN YOUR STRENGTHS

Whether your natural gifts and strengths are obvious to you or not, you must now awaken them. Choose avenues to learn about yourself. Awaken them by discovering them and investigating your mighty powers!



STEP 2 - ACCEPT YOUR STRENGTHS

Accepting can be the hardest part. You know you're meant to shine but is there something standing in the way? Embrace your entire self. You're meant to express these talents to help yourself (and others). Recognize they chose YOU.



STEP 3 - APPLY YOUR STRENGTHS

You maximize your strengths by utilizing them consistently. Use them individually for certain dreams or blend them all together for a new kind of endeavor. Get out there! What are you waiting for? One step at a time - apply, apply, apply.

repeat the process

STEP 1

Awaken

YOUR PERSONAL STRENGTHS

THINK

What does “awakening” your strengths mean to you?

DIG DEEPER

What’s keeping you asleep or distracted from seeing your strengths?

NOW MAXIMIZE

Which online assessment are you going to take to learn about yourself?

STEP 2

Accept

YOUR PERSONAL STRENGTHS

THINK

What does accepting your strengths and natural gifts mean to you?

DIG DEEPER

How have you been denying or stalling your fullest potential?

NOW MAXIMIZE

What's one self-accepting action you'll take TODAY that feels needed?

STEP 3

Apply

YOUR PERSONAL STRENGTHS

THINK

How have you applied or used your skills, talents and strengths before?

DIG DEEPER

Why does it matter to you to use your personal gifts in this world?

NOW MAXIMIZE

Do the one thing you know you need to do. Write about it here *afterwards*:

WAYS TO

maximize

Maximizing your strengths is about stretching yourself. This is a list to get your own ideas flowing. Pick 2-3 that stand out to you now:

Pick 3 identifiers from above you want to use to help recognize your strengths. Stick with these 3 and learn more.

YES

Write out your strengths and keep them in front of you. This is a reminder that'll keep you going with purpose and passion.

YES

Get inspired with a video each day that aligns with your strengths.

YES

Teach your talents! One of the best ways to maximize your strengths is by using them *while* you teach or educating others how to also use them.

YES

Sign up to be a volunteer in a field or industry you feel passionate about. This will build your strengths and gifts naturally.

YES

Awaken, accept and apply your strengths - every day. Set up a system to remind yourself and get concrete if you have to.

YES

Create space for yourself and your dreams; let go of what's dragging you down or creating dense energy.

YES

Find a mentor in the field or industry of your strengths and talents. Ask questions and be open to what they have to offer.

YES

Take an assessment that teaches you about your strengths and use their resources to better yourself.

YES

Ask 5 people who you trust what they feel your strengths are and build on that.

YES

Concentrate on only 3-5 strengths at a time. You get to determine the timeframe - a month, 6 months, a year, etc.

YES

Apply your strengths to ALL areas of your life, not just your role, career or business.

YES

Step into the role you've always wanted or have been curious about and BE that role with your head held high.

YES

Make the time for a healing session (or a few). No one said this would be easy - but it's worth it. You're strong!

YES

Challenge yourself and commit to it. Take breaks when you need them but then get back at it. Build the muscle of aligning with your soul's purpose.

YES

YOU GET TO CHOOSE YOUR

strengths

Which 3 strengths do you want to focus on for now? Maximize them.

#1 CHOSEN STRENGTH

How will you maximize this strength?

01

02

03

#2 CHOSEN STRENGTH

How will you maximize this strength?

01

02

03

#3 CHOSEN STRENGTH

How will you maximize this strength?

01

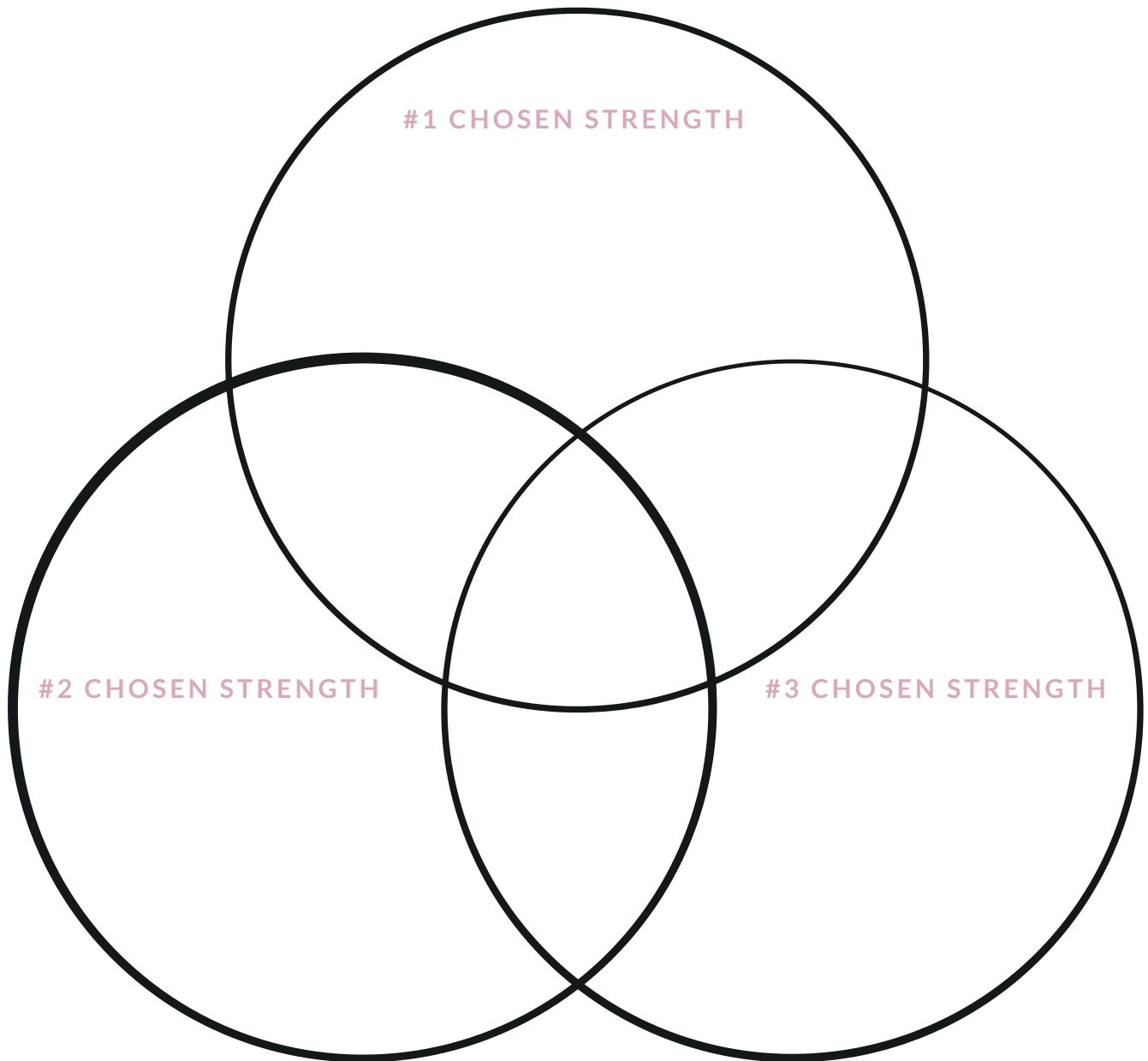
02

03

YOUR ZONE OF

genius

Your personal strengths make up your uniqueness. Only YOU can combine these set of skills and talents. Use this space to move your magic and reveal quite a bit about your zone of genius. Blend your three chosen strengths below. What are your strengths trying to tell you?



S P A C E T O
E X P A N D Y O U R

genius

Use this space to jot down ideas, goals,
questions, plans, dreams and desires:

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write down ideas, goals, questions, plans, dreams, and desires as instructed in the text above it.

BRING YOUR STRENGTHS
& ZONE OF GENIUS TO

The Circle



**THE CIRCLE: A COMMUNITY OF
SUCCESSFUL SPIRITUAL WOMEN
WILL BE LAUNCHING SOON!**

The details are still in the making. You can expect an online group of us women gathering 1-2 times a month. We'll be invoking positive healing energy for self-empowerment, personal development and prosperity, thus stepping FULLY into and expanding our soul's purpose and mission.

GET ON THE INTERESTED LIST

*truly,
Fabitha*