

RECONNECT TO WHAT YOU ARE **AWESOME AT**

Research from Gallup shows that only 17% of people are actually working to their strengths most of the time. That's tiny — and it explains why so many of us feel drained, stuck, or uninspired at work. But here's the good news: when you do lean into your strengths, it's a total game-changer. You're not just a little better — you're six times more engaged and 38% more productive. That's massive. This framework is all about helping you tap into that potential.

Think about the last two weeks. Write down the activities you've loved doing, and on the flip side, think about the activities you've loathed doing.

Loved

Loathed

Now jot down your responses on the activities that energise and drain you.

What energises you?

What drains you?

Using this data, write down five of your strengths. Blink it, don't think it.