



# Live Your Dreams

## Identify Your Strengths

*Start to live your dreams. Map your route – on your terms!*



### Step 1a – Name a person you admire.

- What qualities do you admire in them?
- Where did you meet them?
- How do you interact with them?

---

---

---

---

---

---

### Step 1b – Name another person you admire.

- What qualities do you admire in them?
- Where did you meet them?
- How do you interact with them?

---

---

---

---

---

---

### Step 1c – Name a third person you admire.

- What qualities do you admire in them?
- Where did you meet them?
- How do you interact with them?

---

---

---

---

---

---

**Step 2a– Think of an experience where you were successful. This must be something where you had direct influence on the outcome. Write down the steps from beginning, middle, and end.**

- How did it start?
- How did it evolve? Who else was involved?
- How did it end? What did you do next as a result of that success?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Step 2b– Review that process, this time, looking for the decisions you made along the way that affected the outcome. Write down those decisions**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



### Step 4 – Identify the patterns

Test this pattern against other successful outcomes. What are the common elements between the experiences? What are the common decision points? What strengths can you identify from this?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Step 5 – Summarize your strengths.**

List the strengths identified in the previous exercises. These are your strengths.  
Affirm each one by saying out loud....”I am .....””

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---