

Find your strongest life

The real tragedy of life is not that we all do not have enough strengths, it's that we fail to use the ones we have – Marcus Buckingham.

*** EXERCISE: 5 questions (answers: everyday, weekly, 1x a month, almost never)**

1. How often do you feel an emotional high in your life
2. How often do you find yourself positively anticipating your day?
3. How often do you become so involved in what you are doing that you lose track of time?
4. How often do you feel invigorated at the end of a long, busy day?
5. How often do you get to do things you really like to do?

SIGNS of a strong life

- Successful (feeling – a chance to express strengths)
- Instinctively looking forward to tomorrow, +ive anticipation
- Growing and learning, flow
- Needs fulfilled – feeling full, not overwhelm or empty

Catching and Cradling

Purposefully seeking out those certain moments that create strong positive emotions– “strong moments”

How do we catch and cradle?

- Search for strong moments – take this seriously
- Accept what you find (trust your feelings to direct you, be bold in following up your strengths)
- Strive for imbalance – focus on the strong moments, say yes to them, and build up your life around these, avoid the energy drainers,

*** EXERCISE: Identifying your strong moments,**

We are looking for strong positive feelings – “events”, has beginning and end. These moments, and the emotions you feel as you relive it in your mind, is you, in truth

DETAILS OF THE MOMENT	Work	Relationships	Other: _____	Other: _____
My highlight moment is....				
What were you actually doing?				
Where were you?				
Who was with you?				
How did it make you feel?				

*** EXERCISE: Identifying moments you will catch and cradle during the month of January 2010**

MOMENTS FOR EACH RESPONSIBILITY IN YOUR LIFE...	HOW WILL I DO THIS AT WORK?	HOW WILL I CREATE THIS MOMENT IN MY RELATIONSHIPS?	HOW WILL I CREATE THIS MOMENT IN....	HOW WILL I CREATE THIS MOMENT AT...
FEELING 1:				
FEELING 2:				
FEELING 3:				

LIFE ROLES: Searching for strong moments you begin by asking...

1. Advisor – “What is the best thing to do?”
 2. Caretaker – “Is everyone OK?”
 3. Creator – “What do I understand?”
 4. Equalizer – “What’s the right thing to do?”
 5. Influencer – “How can I move you to act?”
 6. Motivator – “How can I raise the energy?”
 7. Pioneer – “What’s new?”
 8. Teacher – “What can they learn from this?”
 9. Weaver – “With whom can I connect?”
- These will help you in identifying further strong moments
 - Learn to quiet your mind to receive the emotional signals life is sending you

Lead and supporting roles

- Take weakening moments seriously, and act to move them out of your life – it is an illusion that you have thousands of possible “right” choices
- Acceptance of who you are cures you of excess choice
- Try putting an S or W next to activities on your calendar during January to further identify your strong moments
- Try carrying a pad that has 2 columns on it
- One column with a + (for anytime you feel successful, in flow, in control, energized)
- One column with a – (feel unsuccessful, can’t concentrate, out of control, panicked)
- Sort through old articles, pictures, ask parents/friends what you were like as a child. Start with some true details and then add more as you widen lens.

Strengths Statements for January

(I will purposefully imbalance my life towards these, investigate them further and celebrate them!)

1. I feel strong when I... _____
2. I feel strong when I... _____
3. I feel strong when I... _____
4. I feel strong when I... _____