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STOP

Simply eliminate this activity.

1. Is this activity/Weakness critical to your success on your job?
If yes, go to question 3.

2. Is there a way that you could just stop doing it? If yes, go to question 4.

3. If you can't stop doing the activity, how can you reduce the amount of time you spend on it?

4. Who would you need to talk to, if anyone, to make this happen?



T **TEAM UP**

Partner with others who are strengthened by this activity.

5. Who do you work with who really likes to do this activity?

6. How can you arrange to swap activities (you do what he or she doesn't like and vice versa)?

7. Who could teach you a trick or technique for doing this activity more quickly/efficiently?

8. How can you make this activity more fun to do (is there somebody you can do this activity with or can you make a game out of this activity)?

P

PERCEIVE

Look at your Weakness from a different perspective.

11. How can you shift your perspective on the way you do the activity?

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12. Would it be helpful to do this activity at a different time of day?

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13. How can you look at this activity through the lens of one of your Strengths?

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14. How will doing this activity support you in maximizing your Strengths (organizing my desk so I can find customer files more quickly)?

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15. What connection, if any, can you make between this activity and something that interests you or is really important to you?

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