

STRENGTHS IN ACTION



EduGuides

MY STRENGTHS
IN ACTION

WORKBOOK

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my
STRENGTHS
IN
ACTION
WORKBOOK

a WORKBOOK from
EDUPSYCHED

This worksheet and planner are designed to help you rediscover and harness your strengths over the next 28 days. By focusing on what you do best, you'll reduce stress, build confidence, and enhance your overall well-being. Emphasizing your strengths not only boosts motivation but also makes it easier to stay consistent, overcome challenges, and achieve your goals more efficiently.

STEP #1

Check your strengths against this list!

- Adaptable
- Affectionate
- Ambitious
- Articulate
- Aspiring
- Calm
- Candid
- Capable
- Caring
- Charismatic
- Cheerful
- Clear headed
- Communicative
- Competitive
- Considerate
- Cooperative
- Courageous
- Courteous
- Creative
- Curious
- Decisive
- Determined
- Devoted
- Diligent
- Efficient
- Empathetic
- Endures
- Energetic
- Enthusiastic
- Expansive
- Experienced

- Flexible
- Focused
- Forgiving
- Forthright
- Frank
- Friendly
- Generous
- Grateful
- Hard-working
- Helpful
- Honest
- Humble
- Imaginative
- Independent
- Innovative
- Insightful
- Intuitive
- Inventive
- Involved
- Kind
- Mature
- Methodical
- Meticulous
- Modest
- Motivated
- Natural leader
- Neat
- Objective
- Open minded
- Optimistic
- Organized

- Outspoken
- Painstaking
- Passionate
- Patient
- Perceptive
- Perseveres
- Persuasive
- Polite
- Practical
- Proactive
- Prudent
- Punctual
- Realistic
- Reliable
- Resourceful
- Respectful
- Responsible
- Responsive
- Seasoned
- Self-confident
- Self-directed
- Self-disciplined
- Self-reliant
- selfless
- Sensible
- Serious
- Sincere
- Sociable
- Sympathetic
- Systematic

STEP #2

Focus on your 7 core strengths. Write down all the strengths you checked and select 7 you want to focus on over the course of the next 28 days.

<i>Strengths I've selected</i>	<i>My 7 Core Strengths</i>

STEP #3

Fill in your weekly strength planner and stick with it for the next 4 weeks. Tick each one off as you complete them.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Journal about how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Journal about how things went. What went well? What do you want to improve the following week?)</i>
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Journal about how things went. What went well? What do you want to improve the following week?)</i>
22			
23			
24			
25			
26			
27			
28			

EMBRACE YOUR STRENGTHS

Discovering and using your strengths is a powerful way to build confidence, resilience, and a love for learning—both for yourself and the children you teach. By focusing on what comes naturally and brings joy, you create an environment where growth feels exciting rather than overwhelming. As you move forward, keep applying what you’ve learned in this workbook. Celebrate progress, refine your strengths, and continue exploring new ways to use them in your homeschooling journey. Whether big or small, every step you take reinforces a mindset of capability and success. Your strengths are unique, valuable, and meant to be used—so go out there and put them into action!

“ Up Next, the
EduPsyched Find Your
Niche Workbook. ”

