

PROGRAM

# Momentum



## Instructions

Over a week or so, pay attention to the activities that make you feel strong, engaged and energized. Write them in the “This Rocks” column. For activities that make you feel weak, drained or bored, write those in the “This Sucks” column.

Tips:

- Keep track of how you feel in real-time. Don't wait until the end of the week and try to remember because you won't be able to remember accurately.
- Don't write what other people are doing to you (e.g. helping you do X, someone praising you, etc. That's the other person being the doer. Focus on the activities where you are the doer.)
- You can do this on your phone or carry a journal. Whatever is easiest for you.

I'm pumped	I'm drained

## Reflection Questions

1. What are your strengths?

2. How are you leveraging your strengths in your current role?

3. Does your manager know what your strengths are? (They should.)

4. How might you leverage your strengths even more at work?

## Deeper Dive Materials

### Video

[Why Investing in Your Strengths Matter](#), Marcus Buckingham

### Quiz

[Clifton Strengths Assessment](#), Gallup

### Books

[Stand Out](#) by Marcus Buckingham

[Now, Discover Your Strengths](#) from Gallup

