

# CORE STRENGTHS

CREATE A 2020 VISION FOR YOUR LIFE IN 2020

## Find Focus

Carve out some alone time in a quiet space where you can be physically comfortable. Without distractions, you can really go within and determine your core strengths.

## Break it Up

If necessary, break this exercise up into several short sessions. Give yourself time and space to do a deep dive into your current circumstances and what you'd like life to ultimately look like.

## Final List

Write down your final list and keep it accessible. Your wallet, bed side table, desk drawer are all great places to keep your list. You'll want to reference it on demand.



**What if you focused your energy on highlighting your strengths instead of covering up your weaknesses? What would your life look like?**

**Covering up our weaknesses: *We all do it, consciously or not.* Imagine an entire day focusing the energy normally spent on covering up your weaknesses and instead, gave your full attention to your strengths. Imagine if that day turned into two, five, a week, a full month? Imagine if we intentionally spent our time focusing on our strengths instead of covering up our weaknesses?**

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2020  
VISION FOR YOUR  
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2020

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Step One

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Included is a list words that can be possible core strengths. Use them as a guide. Add your own if you don't see a core strength of yours listed.

- **Let it Flow:** core strengths that apply to who you are will resonate
- **Stay in the Present:** don't let your past dictate your core strengths list for who you are today
- **Fly Solo:** don't let the pesky tape recorder dictate your list. Tune out all of the opinions and go with your gut to determine your list

Now that you have your list of 10 complete, move on to the next page. Your next exercise will have you cut the list in half.

Today, you begin the process of determining your core strengths, which will empower you to create a 2020 Vision for your life. Determining your core strengths will create an unwavering reminder of who you really are. It will help keep you from being susceptible to the opinions of others and act as a cheerleader when you need it and be a part of the GPS you need when navigating change.

## Look at the list of Strengths and determine your Top 10.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



**Step Two** WWW.GOODGIRLMAFIA.COM

Review the Top 10 Strengths List.

Some strengths are so obvious and already ingrained in you, that you don't need to be reminded of them daily. **Take those out completely.** They don't need to be on your final list.

Now that you've taken those out, the goal is to choose the dominant strengths you would like to be reminded of on your journey.

- The goal is to be left with 5 Core Strengths
- Write them down and keep them with you
- Ensure that they are accessible for you on demand

# Look at your Top 10 Strengths and narrow it down to your Top 5.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Step Three**  
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Now that you have your 5 Core Strengths, there's just one step left!

If you have completed the Core Values Worksheet, It's time to combine that list with your Core Strengths. The *combined list* represents deep parts of who you are. *It is a reflection of an empowered you.*

Lean on your list to reach your full potential in any area you're working on. Your Core Values & Strengths will:

- Act as a **GPS** as you move forward with your setting goals and taking action to achieve them
- Act as a **tie-breaker** when you're feeling indecisive
- Act as **encouragement** when you need reminding that you have the tools to keep going
- Act as a **source of empowerment** when you're having moment of self-doubt

# Combine your Top 5 Core Values with your Top 5 Strengths.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

I commend you for taking a deep dive into your heart to determine your core strengths. This exercise helps move you forward in an empowered way with a solid foundation. We will build upon this foundation in the following weeks. Stay tuned!

*Diana xx*

## List of Possible Core Values

Adaptability	Helpful	Peaceful
Appreciation for Beauty	Honesty	Perseverance
Attention to Detail	Hope	Persistence
Bravery	Humility	Perspective
Calm (under pressure)	Humor	Prudence
Clever	Independent	Quick Witted
Collaborative	Ingenious	Resourceful
Communicative	Inspirational	Respectful
Confident	Integrity	Responsible
Considerate	Intuitive	Self-Assured
Courage	Judgement	Self-Regulation
Creativity	Justice	Smart
Curiosity	Kindness	Spontaneous
Decisive	Leadership	Strategic
Dedicated	Lively	Straight Forward
Detail Oriented	Love	Tactful
Discovery	Love of Learning	Teamwork
Educated	Modest	Temperance
Emotional	Moral	Tolerance
Intelligence	Motivated	Transcendence
Energetic	Merciful	Trustworthy
Entertaining	Open Minded	Versatile
Fairness	Optimistic	Visionary
Forgiveness	Orderly	Vitality
Friendly	Original	Warm
Gratitude	Organized	Welcoming
	Outgoing	Wisdom
	Patience	