



STRENGTHS & WEAKNESSES
WORKSHEET

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WRITE DOWN 15 STRENGTHS YOU HAVE

Don't just stick to strengths that you feel apply to business in a traditional sense, list everything you're good at, whethert that's 'making people feel at ease' or 'baking a mean apple pie'.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15

NEXT Choose 5 strengths you might not be utilising in your business yet, and write down a way you could leverage it in what you do. Try to think outside of the box. If that strength is baking a pie for example, think of different ways that might be a useful skill for your business. Perhaps you could bake a pie for events you hold, or as a gift to a client, or as sneak into your life on Instagram etc.

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1

2

3

4

5

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WRITE DOWN 10 WEAKNESSES YOU HAVE

Be brutally honest with yourself. You could be telling yourself that hoarding business information is a strength for example, but if you never do anything with it, it's actually a weakness.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

NEXT Choose 3 weaknesses you feel are most holding you back. Write down actionable things you can do to eliminate these. Whether it's a specific course for a skillset you're lacking, completing a business plan, or getting a business mentor to help you with setting goals, start from those 3 steps and work your way towards eliminating all the things that cause overwhelm and paralyse you in your business.

- 1
- 2
- 3

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EXTRA EXERCISE FOR BRAVE SOULS

If you're feeling brave, you could go deeper with this exercise and include a little focus group of people you trust. Ask 2-4 people to list what they feel are your top 2 strengths and weaknesses, and see whether those align with the way you see yourself.

If you do this, remember to not get defensive, but rather keep an open mind and just listen to what others have to say. It is probably hard to hear, but it can give you an insight into how you might be lying to yourself about some of your weaknesses. Conversely, you might also learn about strengths you didn't realise you possess in the eyes of others.

I hope this worksheet might help you regain some control over the way you feel about your business.

GOOD LUCK!

**READ THE WHOLE BLOG POST AT:
[HTTP://HERLOVELYHEART.COM/WHATIMDOING](http://herlovelyheart.com/whatimdoing)**



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