

## APRIL TOOLKIT

## #TIDYTUESDAY

REFRESH YOUR SPACE | REJUVENATE YOUR MIND | RESTORE YOUR FINANCES

## WEEK FOUR: TAKE AN INVENTORY OF YOUR STRENGTHS

This week's **#TIDYTUESDAY** is about taking an inventory of your strengths. Knowing our strengths is important, yet many of us spend the majority of our time trying to improve upon our weaknesses. We have great potential for growth when we focus on developing and fine-tuning our strengths, yet too many of us fail to invest our time in this reflective exercise. So for this #TidyTuesday, let's be intentional and take a quick inventory of our strengths. Let's begin:

**STEP 1:** Write down all the things that you are good at and enjoy doing. Do you enjoy creating new products or processes? Are you a detail-oriented person? Do you love to learn? Are you a people person? Whatever you feel your strengths are, write them down.

**STEP 2:** Write down the ways you are able to utilize your strengths (both at work and at home). Did you know that you are three times as likely to have an excellent quality of life when you are able to use your strengths every day?

If you find that you're unable to tap into your natural talents, skills and abilities on a regular basis, something needs to change. Live on purpose and deliberately create ways to utilize your strengths in some fashion every single day.

*Note: If you would like to further explore and tap into your strengths, Thrive encourages all state employees to read the book *Strengths Finder 2.0* by Tom Rath. It is available at most libraries, including the Oklahoma Department of Libraries.*

# What are your strengths?

#TIDYTUESDAY



SHARE YOUR EXPERIENCES ALONG THE WAY, PLEASE POST ON FACEBOOK, TWITTER OR INSTAGRAM USING #TIDYTUESDAY