



**STRENGTH
BUILDING
SECRETS**

30 Days to Boost Your Strengths

N I K K I H A N S O N

ABOUT THE AUTHOR

Nikki Hanson is an entrepreneur who loves sharing her knowledge and helping others with boosting their strengths to live with more freedom and success using Positive Psychology.



"I believe that using your strengths gives you power. Everyone has the ability to improve themselves and their businesses or life no matter what stage they are at. Whether it's developing a stronger more resilient mindset, to increase your business bottom line or improving productivity, living with more strength, having the right mindset, productivity leading to more freedom is key".

You can find more of Nikki's current products or services at www.nikhanson.com

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INTRODUCTION TO THIS GUIDE

"It's not the strength Of The body that counts, but the strength of the spirit"

J.R.R. Tolkien

Everyone wants more freedom in their life, but actually knowing how to take the steps needed to achieve that success can be difficult to understand.

Positive Psychology teaches you to focus on your strengths rather than your weaknesses. This is because the brain is naturally wired to see flaws, problems or danger so we have to remind ourselves to focus on what we are good at.

This way you can become stronger, more productive and live with more freedom to make the choices you would like.

This 30 day guide will take you through a step-by-step guide to helping you to focus on your strengths to live with more wealth, alignment and happiness.

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WEEK 1

FINDING YOUR SECRET STRENGTHS

MON

Take your free strengths survey online at: <https://www.viacharacter.org/> . Make a note of your Top 5 (Signature Strength) and Bottom 5 Strengths.

TUES

Take one of your Signature Strengths (Top 5). Write about why this character strength is meaningful and important to your life.

WED

Take one of your Signature Strengths that you see as core to who you are. Imagine this strength and how you currently use it. Now imagine you no longer have this strength for one month. What would this be like? How would this feel?

THURS

Set an 1-hour alarm throughout today. When the alarm goes off pause and check in how you are using your strengths. Which strength are you using and what were you doing when you were using it?

FRI

Take a role model in your life or someone you look up to. What strengths do you admire in them? How do they communicate their strengths? What impact does this have on you?

WEEK 2

BOOSTING YOUR STRENGTHS

MON

Take your top 5 signature strengths and think about new situations you could apply them to. Now practice your top 5 strengths throughout your day.

TUES

Select one lower down strength that you want to improve in a particular situation or with a person. Now behave in a way that is consistent with that strength i.e. "Zest" - act with more energy.

WED

List the five tasks you do most at work. Write down a way you can use each of your top 5 strengths with each of the five work tasks.

THURS

Create a habit for a strength you want to boost lower down your list. Think of when you use this strength and create a new Cue, Routine and Reward i.e. "Self-Regulation"; Cue: Turn my computer on; Routine; Do 25 minutes of work, Reward: have my first cup of tea.

FRI

Imagine one year from now. Visualize a part of your life better than it is today. List one way each of your 5 strongest signature strengths could be used to make this future your reality.

WEEK 3

STRENGTHS INTERVENTIONS

MON

Increase your movement/exercise. Choose an activity you enjoy and do this three times this week for 15-30 minutes.

TUES

Write down three good things that happened today. Do this everyday for the next seven days.

WED

Think of a problem you are having. Close your eyes and imagine it is a friend having this problem. What would you advise them to do?

THURS

Commit to a random act of kindness today that brings benefit to someone else. Set a plan in place to do this regularly.

FRI

Identify your partner (or best friends) three best character strengths. Note a recent time that they used these strengths and share this with them.

WEEK 4

STRENGTH BASED GOAL SETTING

MON

Envision three goals that you would like to achieve within 90 days (1 for Health/1 for Wealth/1 for Self-Development). Use your "Hope" strength to link your goals to something that links with your interests and values.

TUES

Make your goals from yesterday SMART (Specific, Measurable, Attainable, Relevant, Time Bound). Use your "prudence" strength to plan them out using these elements.

WED

Weave in your signature strengths (Top 5) to your goals. Think about how might your strengths help you reach your goals?

THURS

Begin to take action towards your goals. How will your "perseverance" strength support you towards your goals? Revisit your 90 day goals and work backwards splitting them into 30/60/90 day chunks (Reverse engineering).

FRI

Enlist support for your goals. Build your strengths of "teamwork", "love" and "curiosity" by asking family and friends to help you with your goals. Have fun with this!

Notes