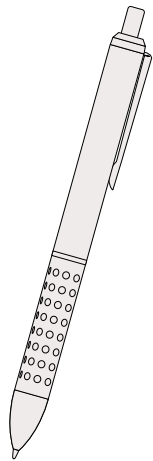


Overdone and underdone qualities

FINDING YOUR CORE QUALITIES

1. What are your strengths?
2. How do these qualities help you with your current role?
3. What strengths did you have previously that might be under used now?
4. What strengths are you missing or would like to further develop?
5. What is out of balance?
6. What are your weakest areas?



Qualities become a strength when they're right for you and the situation; a strength can become a weakness if it's 'overdone' for you and the situation.

When we are stressed there's a danger that the strength we're using may be overplayed & not right for the situation, problem or task we are working on.

For example

UNDERDONE

rigid
timid

QUALITY

flexible
confident

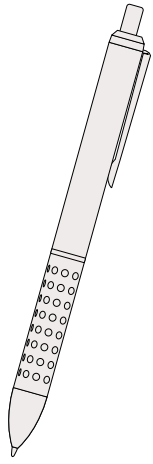
OVERDONE

aimless
arrogant

PLAN FOR SUCCESS

Look at your answers on Page 1 and answer the following questions:

1. What strengths are you at risk of overdoing?
2. Looking at your weakest areas; what is the potential strength you are under doing?
3. What does this mean for you in terms of being more impactful at work?



MY +1 ACTION STEP

What 1 thing could you do to increase your impact at work?