



## **Practicing 'More' - Developing My Strengths and Skills**

Practicing 'more' is doing 'more' to achieve a goal.

This can include; taking more of the same actions, taking new actions and/or refining a goal. When you practice 'more', you develop momentum - the ability to 'go forward' to accomplish a goal successfully.

One of the best ways to practice 'more' is to take consistent actions towards a goal. Taking actions each day or having a regular schedule to take actions creates momentum for success.

We usually think of outer actions as the way to achieve a goal. These are actions such as attending a conference or submitting a proposal. Yet, there are other types of actions which build a foundation for success. These actions are developing your strengths and skills.

Skills are your abilities such as the expertise you have as an engineer or artist. Strengths are positive qualities. Courage, appreciation and empathy are examples of positive qualities.

Developing positive qualities is not recognized as much as developing a skill in the way it contributes to wellbeing and success. Yet, positive qualities are as essential for the goals you would like to achieve in your life and work.

Developing both your strengths and skills helps you to create a foundation for wellbeing and success. Here is an exercise which assists you to develop a skill and an exercise which assists you to develop a positive quality.

## Exercise for Developing Positive Qualities

1. Choose a positive quality you would like to develop in your life, an area of your life or a project or activity in one area of your life.

In our work, we identify the areas of life as; health, relationships, finances, career and personal growth.

2. Write a Positive Quality Statement about the quality and the benefits it is bringing to your life, an area of your life or project or activity in an area of your life. Write the Statement as if it is already helping you to create these benefits.

Here is an example of a Positive Quality Statement.

This Statement is from a member of a work group. Each member of the group is developing the positive quality of courage.

*We are developing the positive quality of courage. Developing courage assists us to share our ideas and feelings openly with one another. The trust this creates enables us to appreciate the ideas of one another and encourage each member to develop their ideas even when different from our own. The positive quality of courage is helping us in the way we work together and it is assisting us to excel in our group work.*

3. Work with the positive quality you have chosen for 90 days.
4. Make a list of the actions you will take within the next 90 days to develop this quality.
5. Each day, choose one or more actions you will take to develop the quality.
6. At the end of the day or the beginning of the next day, look at your action(s) and choose the same or new actions for the next day.

7. Each week, review your actions and results. Refine your actions when this assists you to develop this positive quality.
8. Each month, review your actions and results again. It can take time for a positive quality to create visible results in your life and work.
9. At 90 days, review your actions and results. Decide to work with this quality for another 90 days or choose another to assist you in your life, an area of your life or a project or activity within an area of your life.

### Exercise for Developing Skills

Skills include the knowledge you are developing as well as your expertise. Creating a consistent way to develop them helps you to develop momentum and success.

When you continue to refine a skill, increase your knowledge and develop your expertise, you receive new ideas which bring forth innovation and excellence.

Here is an Exercise to assist you.

1. Choose a skill, area of knowledge or expertise you would like to develop.
2. Write a Positive Goal Statement about your skill, expertise or area of knowledge and the way it is already assisting you to achieve a goal.

Here is an example about a professional who is developing skills to be a tv host.

*I am developing the skills to be a tv host. This enables me to interview people who are making extraordinary contributions to society and share their work with the audience. Developing these skills also assists me to help our audience to discover ways they can develop and share their strengths and skills in ways which help people and society.*

3. Write down the action steps you will take for the skill, area of knowledge or expertise you are developing.
4. Work on developing this skill, expertise of area of knowledge for 90 days.
5. Each day, take one action or more. The same day or the next, review and refine your actions for the next day.
6. Each month, look at your actions and results. Refresh and refine your actions when this assists you to develop the positive quality and achieve the goal.
7. At 90 days, look again at your actions and results. Decide to continue to work with the same positive quality and goal or select a new quality and/or goal for the next 90 days.

You can practice 'more' by developing consistent actions towards your goals. This enables you to create momentum and achieve them successfully. Taking consistent actions and developing your positive qualities and skills at the same time brings excellence and the ability to contribute to people and society in positive ways.

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