



3 ACTION STEPS TOWARDS FLOURISHING

Once we discover our signature strengths and build them into our daily lives, we create the energy and passion to fulfill our purpose and positively share it with the world.



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ACTION STEP 1: DEFINE YOUR "Er's"

- Write down all of the "Er's" that describe you as a person.
(ie: father, teacher, leader, baker, listener, laughter, lover)
It is ok if the "Er" isn't proper English!
- Now circle all of the "Er's" that energize you and fill you up.

*The "Er's" you circled above relate to your signature strengths.
These are the actions that fill you up and can energize you.*

ACTION STEP 2: SCHEDULE IN THE GOOD STUFF

- Challenge yourself to write down a schedule for tomorrow.
(ie: 6am: Wakeup, 6:30am: Workout, 7:45am: Shower)
- Make sure you schedule in all the circled "Er's" from above.
The goal is to intentionally schedule small opportunities each day that fill you up (Your "Er's").
- Challenge yourself to declutter anything unnecessary.
- Work on your daily schedule so that it becomes habit.

*By intentionally scheduling in those signature strengths,
you create an opportunity to grow, energize, and flourish daily.*

STEP 3: LEAN INTO YOUR PURPOSE

- Take your restored energy and use your strengths and gifts to give towards your family, career, friends, and world.
(ie: baking for the neighbors, leading a team, hugging your child)

*The best part of flourishing is having the energy and passion to give
your strengths to the world. This becomes a huge part of your purpose.*