

# 387: Double Down on Your Strengths

## 10 Point Checklist

### Irené Turtle

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Learn more about personality assessment tests such as [StrengthsFinder \(CliftonStrengths\)](#), [Enneagram](#), [Myers-Briggs](#), [DiSC](#), etc. These assessments are a valuable tool for discovering an individual's strengths, increasing confidence, and managing potential weaknesses.
- Recognize and appreciate my talents as I continue to work on myself. Translate strengths to my advantage and practice self-appreciation.
- Spend quality time performing the tasks I excel at and enjoy. A routine built around my strengths builds strong habits. I should often contribute positively which will unleash exponential personal growth.
- Enhance my skill set by deepening my knowledge and engaging in repetitive activities. It is almost impossible to level-up strengths without practice and without learning. Increase my proficiency by taking necessary courses, attending seminars, reading books, and watching videos.
- Accept responsibility for my weaknesses and commit to managing them. Overcoming my weaknesses requires self-awareness and discovering strength-based strategies. Using strengths in a complementary manner also helps overcome my weaknesses.
- Work with a mentor. Most successful people have been mentored throughout their careers. By engaging with a talented mentor, I seek to master my abilities, experience exponential personal growth, and fine-tune my career path.
- Awaken other people's inherent strengths. Unlock human potential through strength-building. This promotes a healthier and happier work environment and enables superior performance from motivated team members.
- Hire people with complementary strengths. Bring people together and use their respective strengths: This will help my team to excel. It's easier to contribute to shared goals when I understand the behaviors, strengths, and weaknesses of my team.
- Pay attention to my instincts and intuition. A balanced use of rationality and intuition plays a crucial part in translating talent to greater impact and productivity. When things get out of control, I disconnect from the illusion of control.
- To understand my Top 5 Gallup Talents better, I should send them to Irené at [irene@turtleexecutivecoaching.com](mailto:irene@turtleexecutivecoaching.com), for a special Profile and Consulting Session. For more information about [turtleexecutivecoaching.com](https://www.getyourselfoptimized.com), visit their website.

To view the transcript, resource links and listen to the podcast, visit:

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