

Project Name	Strengths Statements
Required or optional?	Optional
Number of points	2
Due	1 week before next session

During the next week or two, track your strengths and weaknesses using index cards. Here is how:

1. When you feel like this: powerful, confident, smooth, on fire, high, "great!" authentic, "that was easy," awesome, "when can we do this again?" create a strengths card that says "I feel strong when I _____ (be as specific as you can).
2. When you feel like this: drained, "time is going by slowly", "I can't concentrate", frustrated, wiped out, forced, "I'm getting a headache", "How much longer?!", irritated, bored, "Why can't the new guy do this?", create a weakness card that says "I feel weak when I am _____ (once again, be specific).
3. It might make a difference where, or with whom, or for whom, or the audience, or the size of the audience, or the specific subject matter, or your familiarity (or lack of familiarity) of the topic, or the time of day - so be as specific as you can be. It may make a difference later!

At the end of a week of capturing strengths and weaknesses, write a strengths statement. It will look something like this: I feel strong when I am _____ (behavior from #1 above) in _____ (circumstances from #3 above).

Now write two more strengths statements.

To earn your points,

- 1) Put your 3 strength statements into a word doc
- 2) Email it as an attachment to michael@matchboxgroup.com
- 3) Put a copy in your notebook