

Use Your Strengths to Get Unstuck

Find and appreciate your greatest change resources.

When a change stalls, it's easy to assume you need a new skill or a different plan. Often what's missing isn't new — it's already yours and you've stopped seeing it. This worksheet has two parts: catalog what you've got, then use it to name and move what's stuck.

Section 1: Catalog Your Strengths

Grab everything you've got — the things you do well and the way you naturally show up. Fill in both columns below before moving to Section 2.

Doing Strengths

Your skills. List everything in this column — ask yourself:

- What would I put on the skills section of my resume?
- What could I teach a kid in my life to do?
- If I taught a hobby class, what would I teach?
- What haven't I listed that I actually know how to do?

Being Strengths

Your way of being. If you've taken CliftonStrengths, DiSC, EQ-i 2.0, Myers-Briggs, or a similar assessment, pull those results and list your strengths here.

Don't have one handy? Take the free [VIA Character Strengths Survey](#) — seriously, stop and go take it now.

Section 2: Question What's Stuck

Now look at your stuck place through the lens of what you just listed.

1. Where am I stuck?

Keep it simple and granular — a short statement of what's stuck, not why. (e.g., "The team keeps stalling on making a decision.")

2. What strengths am I overlooking?

Look at your stuck place next to your two lists. What's there that you know how to do, or a way of being, that could help?

3. How can I use my strengths to move forward?

Name the thing no one's tried yet — the move that puts your overlooked strengths to work on this specific stuck place.

Now do the thing you named in question 3 — and see what happens.

Discover something you want to talk through? [Send me a question or schedule a chat.](#)

Did someone send you this? Check out my other resources at www.updikecoaching.com