Love It or Loathe It

1. Throughout the week, as you go about your work and life, notice how you feel about your tasks and activities. If you especially love doing something, or it makes you feel strong, make a note of it under the “Love It” column. If you really dislike doing something or it makes you feel weak, drained or bored, note that under the “Loathe It” column.

2. At the end of the week, look at your list. Prayerfully pull out three statements from the “Loved It” list that you are especially drawn to. These are likely statements that describe you at your very best. For example, “I loved coaching my son’s soccer practice.” or “I loved cooking dinner.” or “I loved helping a coworker solve a difficult problem with her computer.”

3. Move these statements from “love” language into “strengths” language. Knowing that you can’t always coach soccer, you might write something like, “I feel strong when I help children excel in a team environment.” or “I feel strong when I troubleshoot technical problems.” or “I feel strong when I use everyday items to create something unique and appealing.”

4. How might you play to your strengths more each week? Pray to God about your hopes and dreams. Talk over your ideas and plans with co-workers, family, friends, church members. Ask them to support you and pray for you.

5. Develop a list of “weakness” areas in a similar way. Begin to think about how you might work around or through those weaknesses – remembering that we are made to work with others as a team. Can you delegate? Could you minimize the amount of time you spend in your areas of weakness? Would anyone notice or care if you walked away all together? Perhaps someone who is strong in these areas could show you how to do these things more efficiently or effectively. Or that person might be willing to take on some of these tasks if you are willing to help in areas where they are weak but you are strong.

6. Thank God for making you uniquely you…and ask God to help you love and serve others through your strengths.

Based on an exercise from Marcus Buckingham’s book Go, Put Your Strengths to Work
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<thead>
<tr>
<th>Love It</th>
<th>Loathe It</th>
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<tr>
<td><img src="image" alt="Thumbs Up" /></td>
<td><img src="image" alt="Thumbs Down" /></td>
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