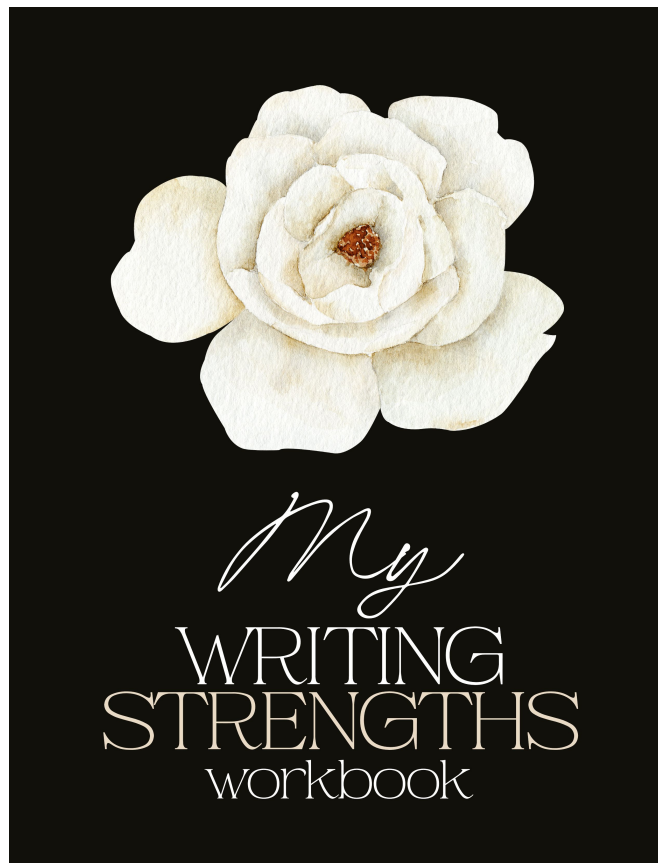




My

WRITING
STRENGTHS
workbook



WELCOME

This worksheet and planner were designed to help you rediscover your strengths and actively put them into action in your writing for 28 days.

Focusing on your strengths will help you to reduce stress, increase your confidence and self-esteem and boost your mood.

Aligning your strengths will help you stay consistent and reach your goals faster and with ease.

Let's get started

MY WRITING STRENGTHS WORKBOOK

"You might not write well every day, but you can always edit a bad page. You can't edit a blank page."

- Jodi Picoult

STEP #1

Circle your personal strengths

<ul style="list-style-type: none">• Adaptable• Affectionate• Ambitious• Articulate• Aspiring• Calm• Candid• Capable• Caring• Charismatic• Cheerful• Clear headed• Communicative• Competitive• Considerate• Cooperative• Courageous• Courteous• Creative• Curious• Decisive• Determined• Devoted• Diligent• Efficient• Empathetic• Endures• Energetic• Enthusiastic• Expansive• Experienced	<ul style="list-style-type: none">• Flexible• Focused• Forgiving• Forthright• Frank• Friendly• Generous• Grateful• Hard-working• Helpful• Honest• Humble• Imaginative• Independent• Innovative• Insightful• Intuitive• Inventive• Involved• Kind• Mature• Methodical• Meticulous• Modest• Motivated• Natural leader• Neat• Objective• Open minded• Optimistic• Organized	<ul style="list-style-type: none">• Outspoken• Painstaking• Passionate• Patient• Perceptive• Perseveres• Persuasive• Polite• Practical• Proactive• Prudent• Punctual• Realistic• Reliable• Resourceful• Respectful• Responsible• Responsive• Seasoned• Self-confident• Self-directed• Self-disciplined• Self-reliant• Selfless• Sensible• Serious• Sincere• Sociable• Sympathetic• Systematic
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STEP #2

Write down all the strengths you checked and select 7 you want to focus on over the course of the next 28 days.

<i>Strengths I've selected</i>	<i>My 7 Core Strengths</i>

STEP #3

Fill in your weekly strength planner and stick with it for the next 4 weeks.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Write how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

MY WRITING STRENGTHS WORKBOOK

WEEK #1

Fill in your weekly strength planner and stick with it for the next 4 weeks.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Write how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

NOTES

MY WRITING STRENGTHS WORKBOOK

WEEK #2

Fill in your weekly strength planner and stick with it for the next 4 weeks.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Write how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

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MY WRITING STRENGTHS WORKBOOK

WEEK #3

Fill in your weekly strength planner and stick with it for the next 4 weeks.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Write how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

NOTES

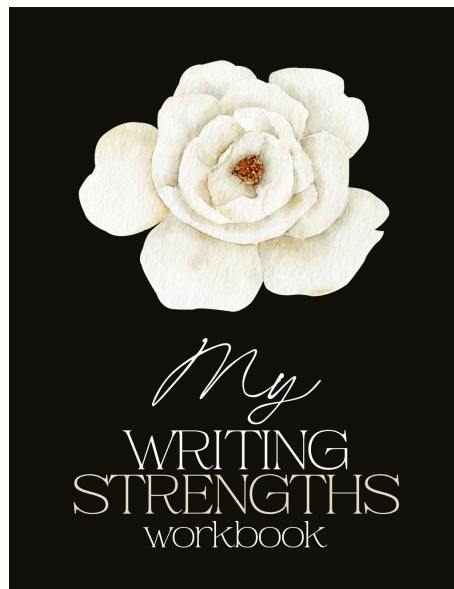
MY WRITING STRENGTHS WORKBOOK

WEEK #4

Fill in your weekly strength planner and stick with it for the next 4 weeks.

DAY	CORE STRENGTH	PLAN <i>(Describe how you will use your strength that day)</i>	REFLECT <i>(Write how things went. What went well? What do you want to improve the following week?)</i>
1			
2			
3			
4			
5			
6			
7			

NOTES



CONGRATULATIONS

You have completed this workbook and taken an important step in rediscovering your personal, therefore writing, strengths.

The process of self-discovery is ongoing. Continue to reflect on your strengths, apply them in your writing life, and reassess your progress periodically.

Remember, it is important to be patient with yourself and to take small steps toward your writing goals. If you find yourself struggling, or feel you need additional help, we offer one-on-one coaching sessions.



MEET THE COACH

Michelle Jester
Writing Coach and Publishing Consultant

In publishing for well over twenty years, Michelle has helped many authors fulfill their goal of sharing their stories with the world.

CONTACT



If you are looking for deeper coaching, and feel you can benefit from one-on-one sessions, reach out today. Whether it is fiction or nonfiction, I feel confident I can help you achieve your goal of finally getting your story out of your mind and on its way to the world.

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Start the journey of your life.

