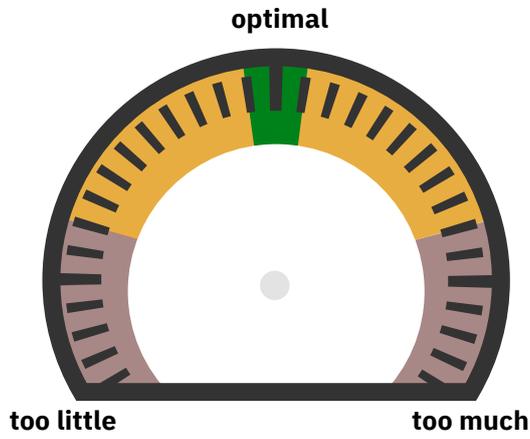




**ACTIVITY 3**  
**Strength Exercises Worksheet**

In the illustration below, draw an arrow on the dial to indicate the extent to which you were overusing your strength (an example is shown at the end of the document):



**Step 3: Underplaying the strength**

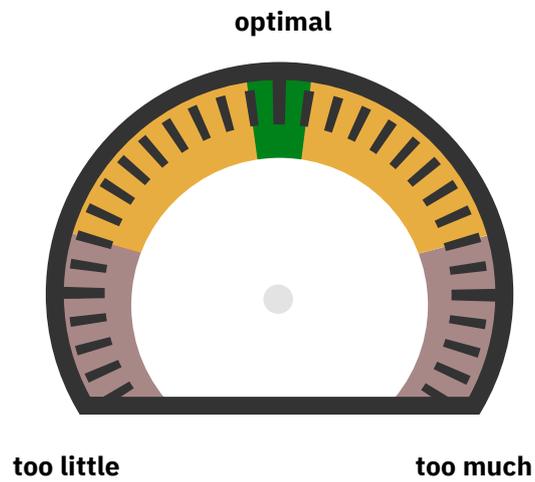
Can you think of an example when you underplayed this strength?

What did you do (i.e., what did underplaying this strength look like)?

### ACTIVITY 3 Strength Exercises Worksheet

What were the consequences?

Draw an arrow on the dial to indicate the extent to which you were underusing your strength in this situation:



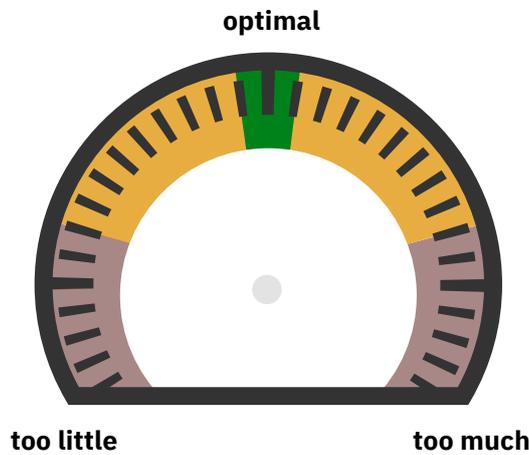
#### Step 4: Optimal use of the strength

Can you think of an example when you used this strength optimally? If not, what would the optimal use of this strength look like?

### ACTIVITY 3 Strength Exercises Worksheet

What was/would be the outcome?

Draw an arrow on the dial to indicate the extent to which you used or would use your strength optimally at this time:



**Step 5: Reflection**

1. Do you tend to misuse this strength in your day-to-day life? If so, is your tendency to overuse or underuse it?
2. What triggers you to misuse this strength?
3. What could you do to use this strength more optimally in the future?

**Appendix:** A graphic representation of strength overuse

