

# One Day at a Time: Aligning Strengths and Enthusiasm — Printable Worksheet

## A Guided Reflection and Planning Tool

This worksheet is designed to help you discover your personal strengths, connect with activities that energize you, and thoughtfully plan a day where your actions are aligned with your unique talents and joy. By the end, you'll reflect on what worked well and set the stage for even more fulfilling days ahead.

---

## Step 1: Identify Your Top 3 Strengths

Instructions: Take a few moments to consider the qualities, skills, or talents that come most naturally to you. These can be personal strengths (like kindness, adaptability, or creativity), or professional skills (such as communication, organization, or problem-solving). If you're unsure, think of compliments you've received, times you felt proud, or tasks you find easy that others find difficult.

- Strength #1: \_\_\_\_\_
- Strength #2: \_\_\_\_\_
- Strength #3: \_\_\_\_\_

Reflection Prompt:

What makes these strengths unique to you? Can you recall a specific moment when each strength helped you succeed or made you feel fulfilled?

---

---

---

---

## Step 2: List 3 Activities that Bring You Energy and Joy

Instructions: Think about the moments in your life when you felt most alive, engaged, and genuinely happy. These can be hobbies, actions, or simple daily pleasures. Try to choose a mix—some that are energizing, and some that offer lasting satisfaction.

- Activity #1: \_\_\_\_\_
- Activity #2: \_\_\_\_\_
- Activity #3: \_\_\_\_\_

Reflection Prompt:

What about each activity fills you with energy or brings a smile to your face? Is it the sense of accomplishment, the presence of others, a creative flow, or simply the joy of doing?

---

---

---

---

## Step 3: Plan ONE Day Aligned with Both—Hour by Hour

Instructions: Using the space below, map out a day where your top strengths and most joyful activities are woven into your schedule. You can use a typical weekday or weekend—just choose a day you can realistically plan. Be intentional: even small adjustments, like a 15-minute creative session or a mindful walk, can make a difference.

Hour	Planned Activity	Which Strength/Activity Does This Align With?	Notes
7:00-8:00 AM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
8:00-9:00 AM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
9:00-10:00 AM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
10:00 - 11:00 AM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
11:00 - 12:00 PM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
12:00 - 1:00 PM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
1:00-2:00 PM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
2:00-3:00 PM	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

3:00-4:00 PM	_____	_____	_____
4:00-5:00 PM	_____	_____	_____
5:00-6:00 PM	_____	_____	_____
6:00-7:00 PM	_____	_____	_____
7:00-8:00 PM	_____	_____	_____
8:00-9:00 PM	_____	_____	_____
9:00-10:00 PM	_____	_____	_____

#### Planning Tips:

- Be realistic about your energy peaks and natural rhythms. Schedule demanding or creative tasks when you feel most alert.
- Consider weaving in your strengths and joyful activities—even in small ways—throughout the day.
- Leave space for breaks and rest. Joy and strength also come from honoring your limits.

---

## Step 4: End-of-Day Reflection

Instructions: At the end of your planned day, take 10-15 minutes to reflect using the prompts below. This is your opportunity to celebrate what worked and gently adjust for the future.

- What felt best about your day? Which moments felt most aligned with your strengths and enthusiasm?
- \_\_\_\_\_
- \_\_\_\_\_
- What would you like to repeat in future days? Why?
- \_\_\_\_\_
- \_\_\_\_\_
- What could be improved or adjusted next time?

- \_\_\_\_\_
- \_\_\_\_\_
- How do you feel at the end of this day, compared to how you felt yesterday?
- \_\_\_\_\_
- \_\_\_\_\_

---

## Looking Ahead: Building a Habit of Alignment

Every day offers a fresh opportunity to live in closer harmony with your authentic self. As you continue this exercise, track your progress, noting which strengths bring you the most fulfillment and which activities most consistently spark your energy. Over time, these small daily alignments can accumulate, paving the way toward a more enthusiastic, resilient, and purpose-filled life.

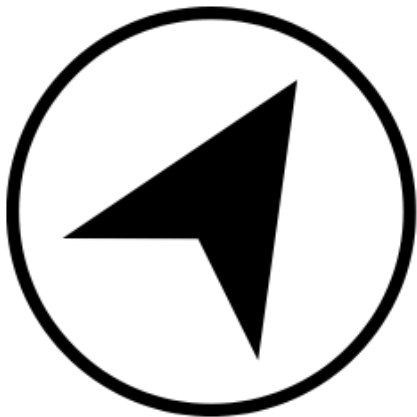
Weekly Challenge:

- Try this worksheet at least three times in the next week.
- Share your insights or discoveries with a friend, mentor, or journal.
- Notice patterns—do the same strengths and activities keep showing up? How might you build on them?

“One day at a time, your strengths and enthusiasm can shape a life you love.”

---

Printable Version: Print this worksheet and keep it somewhere visible. Use it daily, or whenever you need a gentle nudge to realign with what matters most.



**LEAP**  
RETIREMENT COACHING