

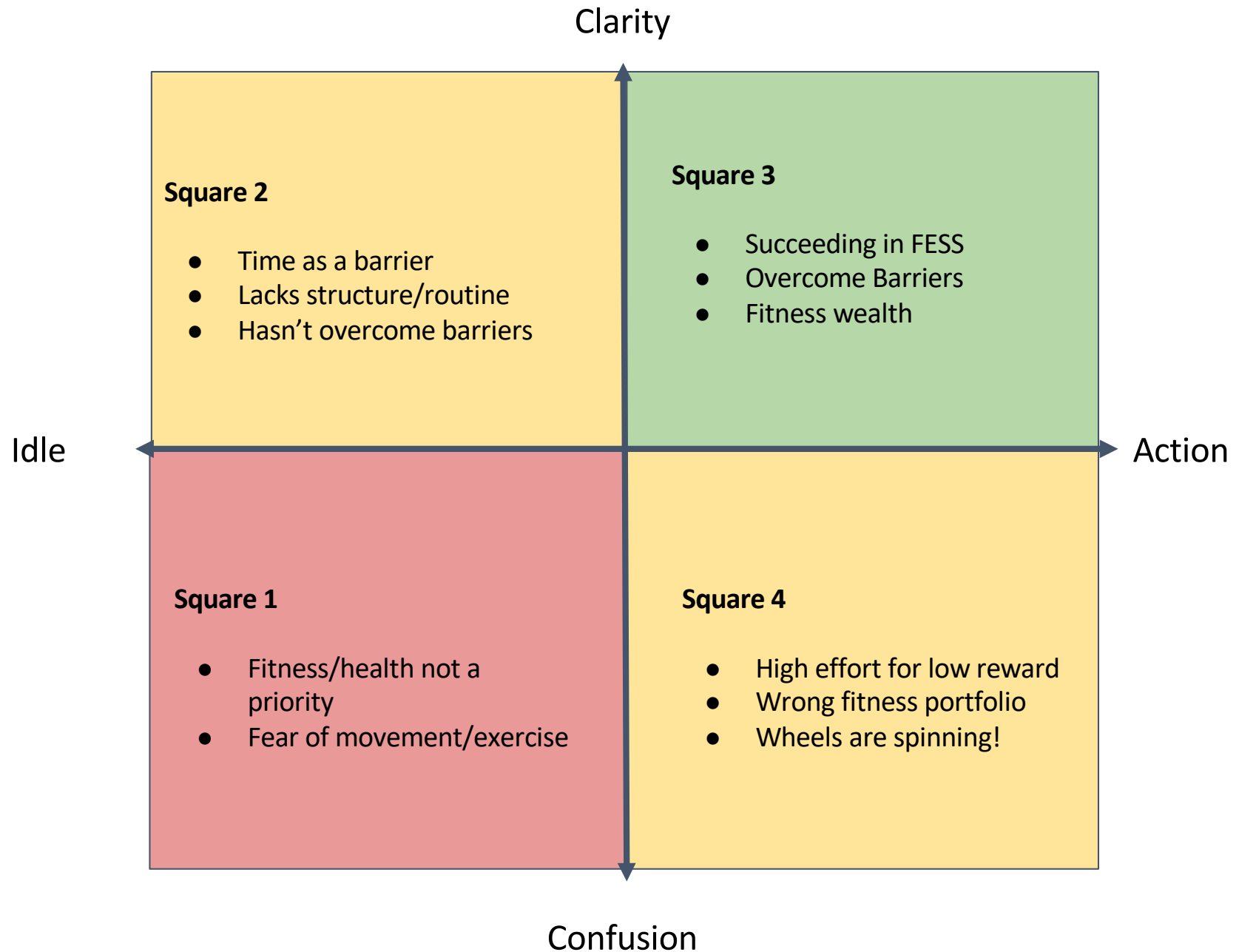
# Discover Your Strengths

## Short Course Workbook



**iNform**  
HEALTH & FITNESS **SOLUTIONS**

# Results come from **Knowledge & Action!**



# Choosing the Right Behaviours

<b>Behaviour</b>	<b>Impact</b>	<b>Ease of change</b>	<b>Motivation to change</b>	<b>Score</b>

# Plan next steps - Confidence to change

How confident (out of 10) are you that you will implement your new behaviour?

1      2      3      4      5      6      7      8      9      10

If your score is 7 or less, what would you have to do to make it an 8 or more?

---

---

---

---

# Your FAQs Explained

**F** Frequency beats quantity every time!

**A** Accessibility - will break down barriers

**Q** Quality over quantity! And connect to that “good feeling!”

**S** Specificity – Make it specific to the goals you want to achieve!