

# Strengths Finder 2.0

by Tom Rath

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Audit your energy receipts**

Review the last two weeks and list five moments where effort felt clean, fast, or unusually satisfying. Look for repeated verbs, not job titles.

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<sup>02</sup> **Translate one theme into a calendar rule**

Pick one likely strength and turn it into a scheduling decision: more strategy blocks, more relationship repair, more finishing time, or more public pitching.

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<sup>03</sup> **Name your useful blind spot**

For your strongest pattern, write the edge case where it becomes too much. Share that note with one collaborator so they can help you calibrate early.

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<sup>04</sup> **Build a complementary pairing**

Ask someone whose strengths differ from yours to trade operating notes: what you handle naturally, what drains you, and where a handoff would improve the work.

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<sup>05</sup> **Retire one repair project**

Choose one low-return self-improvement goal that mostly creates shame. Replace it with a strength investment that could create visible value this month.