



Living Life LOUD

Week 3 Homework

Knowing your strengths and weaknesses are critical for finding passion and meaning in your life, as well as figuring out what to outsource because it **DRIVES YOU NUTS**. Did you know there are services that will stand in line for you, buy your groceries, pick up the pet poop in your yard, and a lot of other stuff? (I'll list some resources at the end of this document).

MY GOALS FOR OCTOBER:

1. _____
2. _____
3. _____

STRENGTHS:

Seeing where other people notice our strengths is a key part of identifying our highest-value abilities. **NOTHING** is too small to notice, from being great at asking questions, to making other people feel welcome, to writing short yet warm emails. Don't be shy here!

People compliment me on these things:

1. _____
2. _____
3. _____
4. _____
5. _____

Going back to our childhood before we were flooded with “shoulds” and “ought tos” is another place to mine for golden clues to our highest-value abilities and skills. What would you lose yourself in now?

When I was young, I liked to:

1. _____
2. _____
3. _____
4. _____
5. _____

Another great place to look is the things that seem so easy to us that we can't believe it's a skill. Do you notice typos in people's emails without trying? Do you secretly redo people's wardrobes in your mind? These are skills and abilities other people don't have!

I do these things automatically, and I can't believe others don't:

1. _____
2. _____
3. _____
4. _____
5. _____

WEAKNESSES:

What do you absolutely HATE to do? Taxes, ironing, balancing your check book, grocery shopping?

1. _____
2. _____
3. _____
4. _____
5. _____

Are any of the above items necessary for you to move forward towards your goals stated at the top of this packet? (For instance, if you want to be an actress but hate speaking in public, put a star next to that! Or if you want to write a book but your spelling and grammar are atrocious...)

If you've identified any limiting skills, what can you do to address that? (Take a class, learn how to type, hire an editor, etc.)

If you could take one of the items above off your list, which would it be?

RESOURCES:

[TaskRabbit](#). An online service that finds contractors in your area to perform a number of household tasks, from errands to putting together your latest IKEA purchase. Not available in all areas. Enter code OCT2015US to receive \$10 off!

[Fiverr](#). Find people to write articles for your blog, design logos, install Wordpress plug-ins, and more – all starting at just \$5.

Car concierge services. When I bought my new Infiniti in January, it came with 12 months of concierge service. With an email or text, I can ask them to reschedule a dentist appointment, order flowers, and more – all for free. Check with your car manufacturer to see if something similar is available.

[Craigslist.com](#). Craigslist is the world's largest community bulletin board. You can find people to perform one-time tasks for you, or hire an assistant to update your blog, or...! Be careful, though, as the risk is on you.