

## August

### *Celebrate Your Strengths*

There is a blueprint within each one of us. We were specially designed, made for a purpose, and part of this design includes a list of things we are good at. Some of these talents may come to us with great ease, others may take hard work and focus, and still other skills may be “under construction.”

Simply put, some strengths take time to develop.

Sometimes our strengths can hinder us. We may be easy-going in nature, for example, but if we are too nice, to the point where we are taken advantage of, our nature can hinder us in life, leaving us feeling resentful.

For the month of August, list your strengths. List the things you are drawn to, good at, or in the process of developing. Next to your list, write down how these strengths serve you (and others) and how they possibly hold you back.

Your strengths are part of your lessons in life.

They exist to teach you appropriate use and care of your gifts.

This guided journal page is excerpted from *Inner Fitness for Celebrating Your Life*, by Rebecca Evans, copyright 2008.

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