



**Exercise 1: Choose ONE of your Signature Themes (Top 5), which you most strongly identify with. Write it in the shaded box below:**

TALENT THEME:	
<p><b>Awareness (“Name it”):</b></p> <ul style="list-style-type: none"> <li>• What words or phrases in this theme description resonate strongly with you?</li> </ul>	
<p><b>Appreciation (“Claim it”):</b></p> <ul style="list-style-type: none"> <li>• When has this theme helped you be successful in the past?</li> <li>• How does this theme help you be successful in your role?</li> </ul>	
<p><b>Application (“Aim it”):</b></p> <ul style="list-style-type: none"> <li>• In what ways could you start using this theme more intentionally?               <ol style="list-style-type: none"> <li>1. In the next 24 hours?</li> <li>2. In the next few weeks or months?</li> </ol> </li> </ul>	
<p><b>Manage it (“Tame it”)</b></p> <ul style="list-style-type: none"> <li>• Which of the <b>balcony</b> statements resonate with you?</li> <li>• <b>When</b> do you notice your “basements” come out to play?</li> </ul>	<p><i>[Use the ‘balconies &amp; basements’ worksheet]</i></p>