

# Managing my Strengths

Strength	What happens when you don't get to use this strength or it is not appreciated?	What does it look like when you overuse this strength?	How does the shadow side of this strength affect other people's trust?

# Managing My Strengths

Describe a shadow behavior of one of your strengths	Identify a <i>StrengthsFinder</i> strength that can help moderate this shadow behavior and write an action step that utilizes this strength	Identify a VIA character strength that can help moderate this shadow behavior and write an action step to develop this character strength