

# STRENGTH BUILDING PLAN

The goal of this worksheet is to make a plan to build your strength. You're going to choose up to 3 initially; you can always come back to build more later on!

In addition to the strengths, you also need to choose an accountability partner. This is the person who you are going to be reporting to about what you have committed to do.

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Accountability

Partner: \_\_\_\_\_

Target Strengths:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

Starting Scores:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Strength 1: \_\_\_\_\_

When you reflect on your life, what has being weak in this aspect cost you?

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Describe what your life will look like if you are stronger in this specific strength:

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What has God told you in prayer about this?

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How does this fit the man you want to become?

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Strength 1: \_\_\_\_\_

What Basic steps do you need do immediately:

\_\_\_\_\_  
\_\_\_\_\_

When will these be done by: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Strength 2: \_\_\_\_\_

When you reflect on your life, what has being weak in this aspect cost you?

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Describe what your life will look like if you are stronger in this specific strength:

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What has God told you in prayer about this?

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How does this fit the man you want to become?

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Strength 2: \_\_\_\_\_

What Basic steps do you need do immediately:

\_\_\_\_\_  
\_\_\_\_\_

When will these be done by: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Strength 3: \_\_\_\_\_

When you reflect on your life, what has being weak in this aspect cost you?

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Describe what your life will look like if you are stronger in this specific strength:

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What has God told you in prayer about this?

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How does this fit the man you want to become?

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### Strength 3: \_\_\_\_\_

What Basic steps do you need do immediately:

\_\_\_\_\_  
\_\_\_\_\_

When will these be done by: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

What is one thing you are willing to commit to do or not do: \_\_\_\_\_

Every (circle one) day, week, month, \_\_\_\_\_

This will be started on: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_