

the
Reframe
limitations to
strengths
workbook

A 4 STEP-BY-STEP WORKBOOK
DESIGNED TO HELP YOU RE-FRAME
YOUR WEAKNESS/LIMITATIONS
INTO STRENGTHS

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Reframe

Limitations to Strengths

This workbook belongs to

DATE

Step 01

Write about your personality, traits, nature. Write all the words that tend to describe you best. Don't worry about positive and negative or good and bad.

DATE

Step 02

From the words you've written above choose the ones that are you think are your strengths and limitations and write them in these columns

STRENGTHS

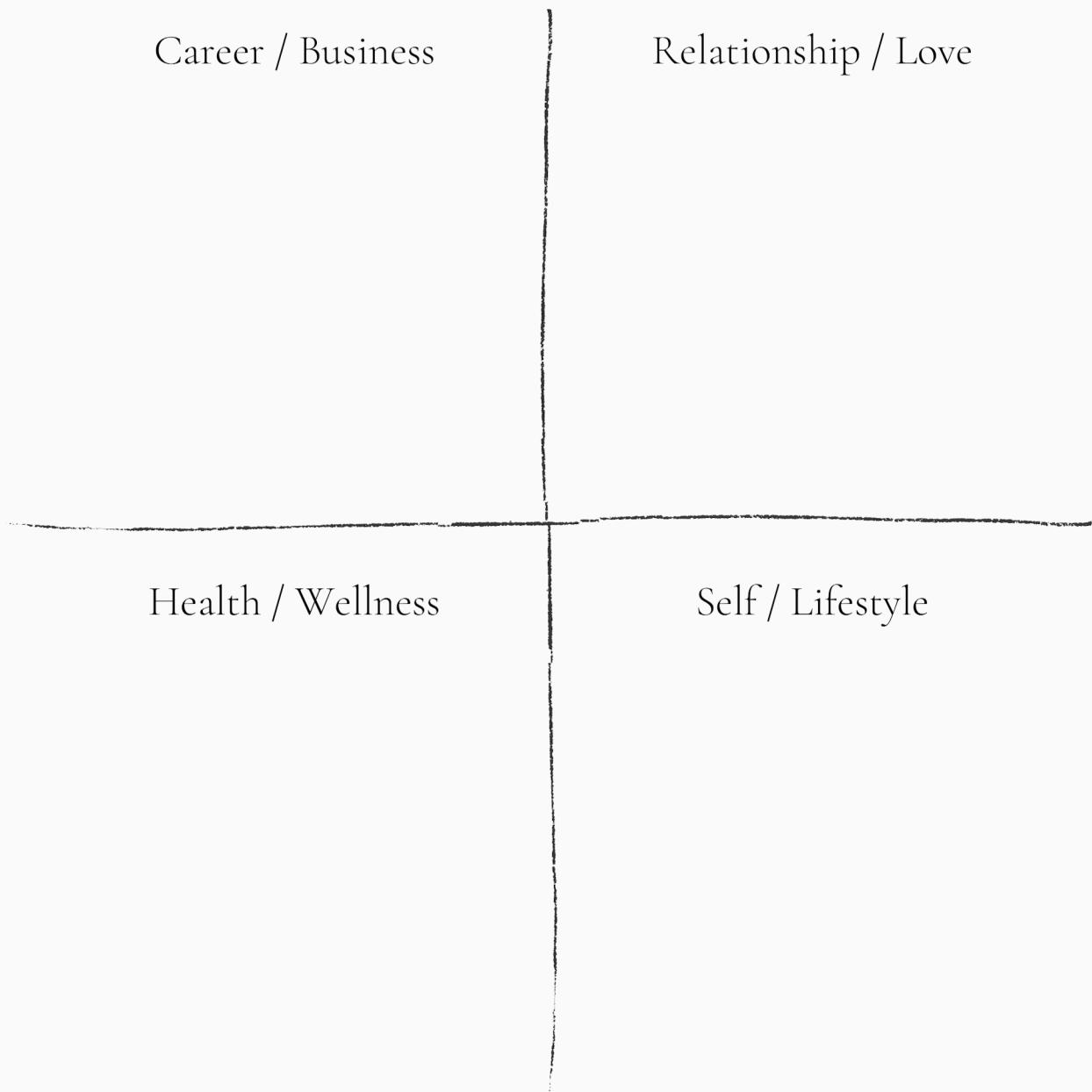
LIMITATIONS

DATE

Take your limitations and try to find a use for them in other areas of your life, in those areas your limitations will be your new strengths.

Step 03

For e.g., 'Stubborn' could be a limitation for relationships but a strength for career and/or health.



DATE

Step 04

Take the new strengths you now have and make a note of the next steps you need to take in order to practice them

NEW
STRENGTHS



PRACTICE &
APPLICATION

DATE

Reflection

WHAT DID YOU LEARN FROM YOUR
NEW STRENGTHS?

HOW DO YOU FEEL BY RE-FRAMING
YOUR LIMITATIONS INTO STRENGTHS?

Liked this workbook?

Did it help?

If yes, You might like this 21 day guided journal designed to help you rethink and rewire your thoughts and beliefs for your growth

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