



**Strengths Life Upgraded, Volume Five: Take Your  
StrengthsFinder Results to the Next Level  
(StrengthFinder, Self Help, Leadership,  
Relationships Book 5)**

*Zach Carlsen*

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## **Learn How to Take Your StrengthsFinder 2.0 Results to the Max Today**

### **Become the Best Version of Yourself NOW**

Don't just learn your strengths...use them!

Learning what your strengths are is just the beginning. Taking them to the next level is a reward every step of the way and knowing how to make use of your strengths will change your life from the inside out.

Living in your strengths means finding ways to be the best version of yourself, one step at a time, in every situation. It is not just about being a better worker, team member, or partner—it's about becoming a better person. Because, living in your strengths means optimizing all areas of your life—personal, social, work, and beyond.

In each chapter you will find a reflection from Strengths Consultant Zach Carlsen who uses his knowledge from the field to craft new approaches to the 34 themes of the StrengthsFinder 2.0. In addition, each chapter ends with thoughts for further reflection and a call for action.

Excerpt from **Chapter FOUR: Strengths and Moving Forward**

*"So much of life is about perspective. Imagine, for example, a giant maze.*

*First, let's imagine ourselves at the center of it trying to find the exit. Now, let's imagine ourselves in a hot air balloon floating above it.*

*Clearly, one the perspective makes it easier to solve than the other. From the air, the whole picture can be seen all at once—dead ends can be avoided, shortcuts can be determined, and a birds-eye strategy can be deployed.*

*Perspective, right?*

*Obviously, life would be easier if we always had that type of view, one where we could see and evaluate everything all at once. Easier, maybe, but more meaningful?*

*No, really, are we here to have an easy life?"*

## **Here Are Some of the Benefits of Volume Five**

- Learn how to remain present in stressful situations
- Gain courage to speak up
- Discover how to make meaningful connections between ideas in the world
- Learn how to hone in on your greatness and thrive
- Discover how taking small actions each day can change your life
- And so much more...

Each volume is a quick read, broken up into sections that take 5-10 mins to dive into. At the end of each section there are questions for action and reflection. Try reading one section per day and putting the suggestions into motion as you live your life.

It's easy and the price is right.

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