

## Memory Palace Activity

This **3-step activity** will organize your strengths and create positive associations for a memory palace

**Step 1:** *Fill in* the prompts below to better understand how others see you

At work, I have the most fun when I am:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Co-workers come to me for:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Five adjectives that describe my strengths:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

MARTI FISCHER  
Achieve Your Next

**Step 2: Plan** 5 specific instances to pair what's above with action

(i.e. offer my editing skills to Sue, set up a brainstorm meeting next week around a current challenge (don't forget to bring snacks!), etc.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Step 3: Implement** your plans when you get back to the office.

Continue Step#2 week after week.

Your skills will continue to grow as you create positive associations with colleagues.