

MARTI FISCHER

Achieve Your Next

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) _____

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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.