

FINDING OUR STRENGTHS: **ACTIVITY**

Instructions: After writing down at least 10 strengths of your own, take 1 minute to check off the following strengths you possess.

Clients Name: _____

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| <input type="checkbox"/> Able to forgive | <input type="checkbox"/> Good problem solver |
| <input type="checkbox"/> Authentic | <input type="checkbox"/> Have characteristics of a leader |
| <input type="checkbox"/> Artistic (singing, cooking, dancing, & other forms of expression) | <input type="checkbox"/> Have skills to keep a job |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Integrity (doing the 'right' thing even when no one is watching) |
| <input type="checkbox"/> Comfortable asking for help | <input type="checkbox"/> Love of learning |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Curious (try something new or do something different) | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Perspective (see things in different points of view) |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Physically active |
| <input type="checkbox"/> Fair | <input type="checkbox"/> Playfulness (humor) |
| <input type="checkbox"/> Finish what I start | <input type="checkbox"/> Respectful of others |
| <input type="checkbox"/> Flexible | <input type="checkbox"/> Self-respecting |
| <input type="checkbox"/> Friendly (and able to keep friends) | <input type="checkbox"/> Spirituality (your faith and beliefs) |
| <input type="checkbox"/> Generous | |

Count them up! Total strengths checked: _____

How many strengths did you identify in Step 1 vs. how many in Step 2?

How many of qualities did you see on this list that you didn't recognize as strengths?