Strengths assessment

What was the most difficult challenge you had and experienced success? Why was it successful for you?

When you were faced with a difficult obstacle, what was the skill you used to overcome it?

What are the strengths that others would describe or appreciate about you?

What strength(s) would you use to describe yourself?

What skills do you enjoy using often, regardless of the types of task you must work on?

What skills do you have that you do not like using very much?

As you look back on the past 4 weeks of this program, which strength and/or skill will be most helpful to you in the future?

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Homework

Intentionally apply your strengths to each day this week.

1. Take a moment to think about one of your personal strengths – for instance, creativity, perseverance, kindness, modesty, or curiosity. Consider how you could use this strength today in a new and different way. For example, if you choose the personal strength of perseverance, you might make a list of tasks that you have found challenging recently, then try to tackle each one of them. Or if you choose curiosity, you might attempt an activity that you've never tried before.
2. Describe in writing the personal strength you plan to use today and how you are going to use it. Then, go ahead and do it – act on your strength as frequently as possible throughout the day.
3. Repeat the steps above every day for a week. You may use the same personal strength on several days or try using a different one each day.
4. At the end of the week, write about the personal strengths that you focused on during the week and how you used them. Write in detail about what you did, how you felt, and what you learned from the experience.

Day of the week	Strength to use	How you are going to use it

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