Leveraging Your Strengths

Adventurous

Altruistic

Ambitious

Artistic

Athletic

Brave

Caring

Collaborative

Communicative

Compassionate

Consistent

Cooperative

Creative

Using the list above as a guide, identify your strengths in each of the four areas: (feel free to use other strengths as well!)

Work/Education

1.

Personal Growth/Health

1.

Leisure

1.

Relationships

1.

How specifically do you use your strengths in each of the four areas? Reflect on the list of values you created in the resilience session. How can you utilize your strengths to live in alignment with your values?

Is there a strength you aren’t leveraging in an area that you would like to try to utilize more? How specifically could you plan to use that strength?