

Pick top three activities from the past week:

#1: _____

#2: _____

#3: _____

Then generalize them while maintaining the crucial criteria by asking yourself the following questions:

- Does it matter why?
- Does it matter with/to/for whom?
- Does it matter when?
- Does it matter what it is about?

Then write out the final statements of your strengths.

Strength #1

I feel strong when...

Strength #2

I feel strong when...

Strength #3

I feel strong when...