

STRENGTHS

- Skills- learned/acquired
(driving a car, speaking 2nd language)
- Talents-innate or natural
(sports, drawing, singing)
- Virtues and/or Traits
(patience, sense of humor, kindness)
- Interpersonal skills
(negotiating, calming others, listening)
- Interpersonal or environmental
(job, school, extended family)
- Cultural knowledge/lore
(rituals, ceremonies, stories)
- Family narratives
(instructive stories, overcoming obstacles)
- Knowledge from adversity
(overcoming barriers, survival stories)
- Knowledge from job/school/military
(following schedules, institutional rules)
- Spirituality/faith
(purpose beyond self, meaning of life)
- Hopes/dreams
(positive expectations of future, goals)

