

1.3a Engagement and Team Preparation

Owning Your Strengths: a Team Activity

To become proficient in strengths based work it is important that you be able to examine, assess and use and build upon your own strengths. Take a few minutes, and think about your strengths. Now take 15 minutes to fill in the boxes below. Write your strength, and give an example of how you use this strength. Check the boxes that correspond to each.

1. You use this strength to your best advantage regularly.
2. It is an openly known and accepted fact within your social group, family or friends that you have this strength.
3. If questioned about it, you would admit that you have this strength, and could give examples of how you use it.
4. You are able to access this strength to resolve issues in your life.

Strength	Example of How You Use This Strength	1.	2.	3.	4.

Often people do not recognize their strengths. Sometimes people recognize a strength, and can use it in one area of their lives but don't know how to generalize the strength to other areas.

If a strength is not "owned" by the individual, which means that they have not made the possession of that strength a recognized part of their internalized identity, then they cannot access it when they need it the most.

We can help our personal social group, and the families we work with, "own" their strengths, by mirroring them back to them, and helping them see how they can use them in other areas of their lives.

We can only teach and model what we can do ourselves so we must practice being strengths based. The more we teach others about strengths the more we master the process.