

CREATIVE BUILDING OF PERSONAL STRENGTHS WORKSHEET

When the sun begins to set and you are no longer able to see, do you get up and attempt to chase the shadows out of your room? To do this would only end in failure. Instead, you go to the light in the room, and as soon as you flip the switch, all of the shadows disappear. You are then able to continue with the task at hand.

The shadows are like our personal weaknesses and the light is our personal strength. Focus on your strengths, and your weaknesses will naturally pale in comparison. Remember this metaphor as you fill out this worksheet and begin the intervention.

1. Take a moment to reflect on who you have become as a person. List 3-5 of your personal strengths that define who you are. What are the strengths of your identity? (Don't be modest – this is no time to be shy of your strengths!)

2. List some of your life goals that you may have had for many years. Then list some of your short-term goals.
 - a. Life goals:

 - b. Short-term goals:

3. List your partner's goals as well as his/her strengths
 - a. Partner's life goals:

 - b. Partner's short-term goals:

 - c. Partner's strengths:

4. Reflect on how you and your partner's strengths can be accomplished to fulfill some of your goals. This is a creative process that may take some time and may not come easily. If you do not have similar goals, spend time brainstorming new goals as a couple and/or consider choosing one goal from each partner's list.