

ACTIVITY 9



Identifying Strengths

Write down your insights on the following questions:

1. What is your passion? Where do you get your motivation from?
2. What things make you happy?
3. What activities fill you with energy?
4. What makes you stronger? Or What gives you strength?



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Areas for Improvement

Write down your insights on the following questions:

1. Choose the area for which you have listed the most challenges

- Work
- Family
- Personal/love life

2. Look at the list of your strengths; which are your special tools for "fixing" problems?

