

What Are Your Personal Strengths?

Lesson:

Finding your version of success begins with identifying your strengths. Having a clear idea of your strengths can lead to a fulfilling career and greater happiness. In this session, students will identify their individual strengths because understanding your potential helps build self-confidence!

Instructions:

- Have each person in your household take this [Personality Quiz](#).
- Interview each person to see how their answers varied from yours.
 - Ask them how they can use their strengths to be successful.
 - What did you learn about yourself?
- Record this interview to share with others.
- As a family, watch one of the following movies together. Look for underlying strengths in the characters and discuss it with your family.

Movie Suggestions:

1. Remember the Titans
2. Hoosiers
3. The Sandlot
4. Shrek
5. Finding Nemo
6. A League of their Own
7. Miracle
8. Forrest Gump
9. Toy Story
10. Babe



Discussion questions during or after the movie:

1. What strengths did you see in some of the characters?
2. How do their strengths develop during the film?
3. What message does the film send about strengths?
4. Did you see a reflection of yourself in any of the characters? Explain

Taking it further:

- Create a poster of your personal strengths using cut out photos from old magazines or create an online version using the internet. Post it to social media. This will help build up your self-confidence. Be sure to tag #WinningFutures #AtHomeActivities.
- Using your phone, capture “strengths in action” or “essences of strengths.” Create a photo collage.