



STRENGTHSFINDER #1

1-Page Tool

Talk About Feeling Positive!

Last week, certain activities really stood out for me:

In pairs, discuss your thoughts...

1. Activities I *looked forward to* or *yearned to do* last week.

2. Activities around topics I was *curious* about last week.

3. Last week, *time flew by* when I did these activities.

4. I *felt uplifted* when I did these activities last week.

5. Last week, I felt *on top of the world* when I did these activities.
