

# Strengths List



**The Goal:** To think deeper about all possibilities and the many ways to get there.

**Materials:** Notebook paper, something to write with.

Sometimes it's easier for us to see multiple perspectives for someone else's situation than our own. Finding more than one way to see our future is integral in developing the resilience it takes to get through setbacks in our plans.

Write down your answers to the following questions.

**Step 1:** Write down your strengths and your passions in bullet points. Look at the Strengths section of the Indigo Report for ideas.

**Step 2:** If someone else were to give you this exact same list, what would you tell them to pursue in life based on their passions and what they're good at?

**Step 3:** Is this something you would tell yourself? Why or why not? If not, why wouldn't you consider this for yourself?

Sometimes, we are able to see possibilities for others that we may not see for ourselves. Looking at your passions from a different perspective may allow you to see possibilities you hadn't thought about before.

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**Indigo Indicators:** *Internal: Self Direction, Resiliency*

**CASEL Competencies:** *Self Awareness*

**Ramp Behavior Standard:** *B-LS 9 Gather evidence and consider multiple perspectives to make informed decisions*