



# Use Your Unique Strengths

**The Goal:** This exercise helps students understand their strengths, how to articulate them, and explore how to use them.

**Materials:**

Room, circle of chairs, [Indigo Report](#), pencil and paper.



**Step 1:** Have students read the [Summary: Your Strengths](#) page of their report and star the strengths that stand out to them.

**Step 2:** In groups of three, have students talk about their strengths and examples of those strengths in their life.

**Step 3:** Now have the groups talk about where they can use their strengths in the future. Have each student write down three examples for themselves.

**Example:** *Two of Sally's strengths are "Thinks outside the box when gathering information." and "Brings enthusiasm to the creative process." She realizes these could be used to excel on the multimedia research project she has been dreading in her history class.*

**TIP:** You may need to rephrase some of the strengths on the [Indigo Report](#) if students have difficulty understanding certain words or phrases.

**RAMP (ASCA) Mindset & Behaviors addressed and developed:**

---

**Academic:** *Results Orientation; Extracurricular Activities Participation.*

**Career:** *Self Confidence; Whole Self; Perseverance.*

**Social/Emotional:** *Building Positive Peer Relationships; Sense of Belonging.*