

Strength Cards

54 cards or stickers for naming, celebrating and building strengths



So simple, yet so powerful: Everyone has strengths and our strengths help us learn, grow and become the best we can be. That is why *Strength Cards* are an essential resource for thousands of family workers, teachers, counsellors, trainers, facilitators, supervisors, life coaches and parents worldwide.

Deliberate choice

Spread the cards out on a flat surface. Invite people to pick cards using questions such as:

- When you were a child, what strengths do you think you had?
- Who noticed these strengths in you? Did you have strengths that others didn't see?
- What strengths do you see in yourself now?
- Think of someone you admire. What strengths do you see in them?
- Pick 3 strengths that come very naturally to you. Can you say why?
- Pick one or more strengths that you find challenging. Can you say why?
- Who could be your role models for these strengths?
- Which strengths have you developed more over time?
- Pick a strength that is coming to your attention at the moment. Why?
- Think of a challenge you're facing. Which strengths would help you, your team or your family most right now?
- What difference would these strengths make to the situation?
- Think of someone else in your family or team. What strengths do you see in them?
- In pairs, take turns to interview each other about a significant experience in your lives. Listen carefully for the other person's strengths and pick cards that represent these. Tell them why you picked these strengths for them.

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Random choice

Spread the cards out face down so people can't see which strength is on each card. Invite people to choose cards at random, shuffle and deal several cards to each person or place all the cards in a bag or basket as a 'lucky dip'.

- What do these strengths mean to you? What other words could describe them?
- How do these cards relate to your life at present?
- How significant do you think these strengths are?
- Do they relate to each other in any way?
- Can you think of situations where you used these strengths?
- Do you know someone who is good at these strengths? What do they do?
- What could you do to practise these strengths more in the next few days?
- What effect do you think that would have?
- Find a quote about each of these strengths and make a poster.



STRENGTH CARDS

54 laminated, full-colour cards, 150 x 120mm
Polypropylene box, 41-page booklet.
Booklet author: Russell Deal
Illustrator: Katie Jardine
ISBN: 9 781 920945 305