

Topic: Recognizing Strengths

Breathe

Are you sitting at a computer more than usual these days? How about a 10 minute chair yoga reboot!



Learn

Take a 12 minute quiz and learn about the strengths associated with your personality type. Click here:



Move

Ready to feel strong? Try this 30 minute total-body workout where every move is synced to a beat. Power up!



Grow

Family Strengths Project:

- (1) Ask friends and family to write a story about a time when you were at your best.
- (2) Spot patterns: Look for the common themes that appear in multiple stories. Make a list of the themes, the key examples that support each them, and what they suggest about your strengths.
- (3) Create your self-portrait. Using this information, write out a brief profile of who you are when you're at your best.
- (4) Put your strengths into action. Create an action plan for how and when you'll utilize your strengths.