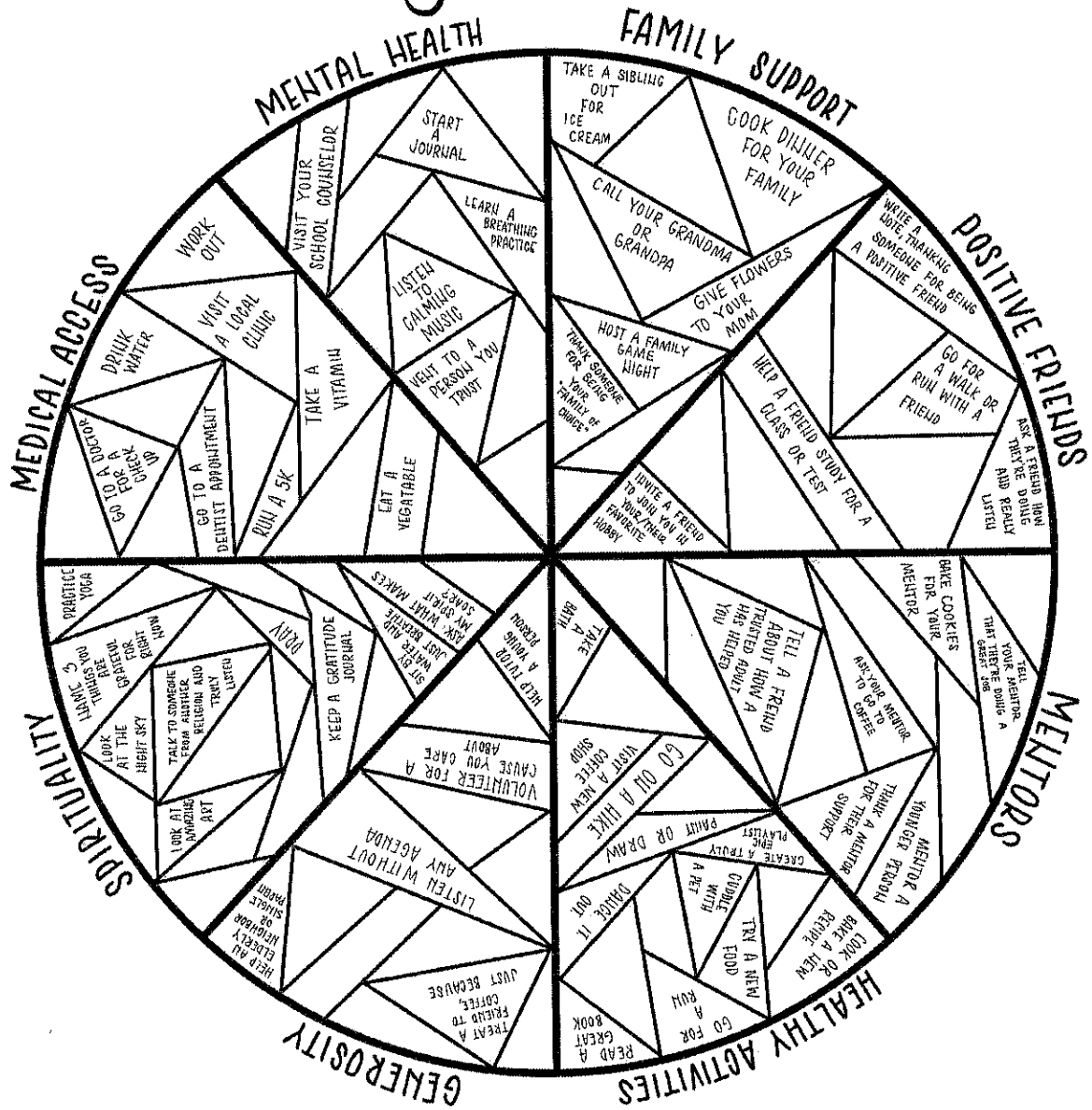


Print or make copies of the Strength Check-In for each person in your household and complete the activity together. Alternatively, everyone in your home can choose one color and create a collective art piece representative of what Strengths each person is practicing and what Strengths they would like to explore.

strength check in



DIRECTIONS:
 COLOR IN THE ACTIVITIES ACCORDING TO THE INSTRUCTIONS BELOW.
 FILL IN BLANK SPACES WITH OTHER WAYS TO PRACTICE STRENGTH

- = Activity I regularly do
- = Activity I've done recently
- = Activity I'd like to try

