

STENGTHS

CARDS

ACTIVITY

Step 1:

Get comfy! Settle in to your favourite spot, perhaps with a cup of tea and fidgets.

Step 2:

Read through the cards and find the ones meaningful to you.

You could orgnaise into "Yep!" "Nope!" and "Maybe or Sometimes" piles.

Step 3:

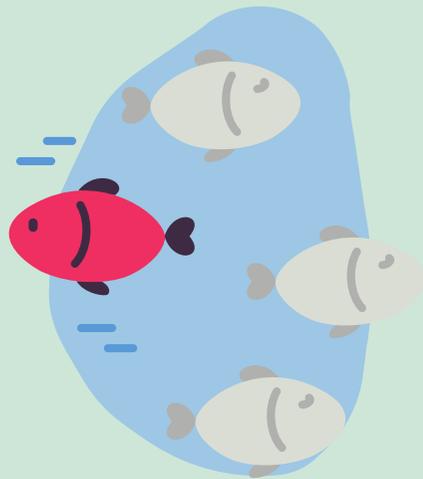
Display and/or organise the ones you like in the way you like.

You could hang them in your room, make them into a poster, stick them into a book or take a photo for your phone (it could be your new wallpaper even).





SUPER SENSOR



DIVERGENT THINKER



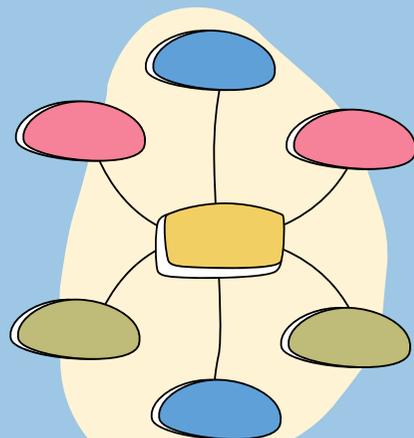
HYPERFOCUS



HONEST



BRAVE



BIG PICTURE THINKER



SEQUENTIAL THINKER



ENERGETIC

HONEST

I value the truth and don't like lies or deception. I value being honest with others.



HYPERFOCUS

I can hyperfocus on things that are interesting to me. I can completely focus my attention on them for a long time.



DIVERGENT THINKER

I have lots of different thoughts and ideas for things. I see lots of possible answers for questions. I come up with unique ideas and possibilities.



SUPER SENSOR

I notice feelings, sensations and details that others miss.



ENERGETIC

I have lots of energy and zest for life.



SEQUENTIAL THINKER

I like to master the details in a logical, orderly way before working up to the big picture ideas. I like having clear sequential steps.



BIG PICTURE THINKER

I need to understand things as a whole picture before understanding the individual parts. I like working with big ideas and making connections.



BRAVE

I give things a go, even if they are sometimes scary.





THRIVE ON NOVELTY



CURIIOUS



PASSIONATE



SELF-ADVOCATE



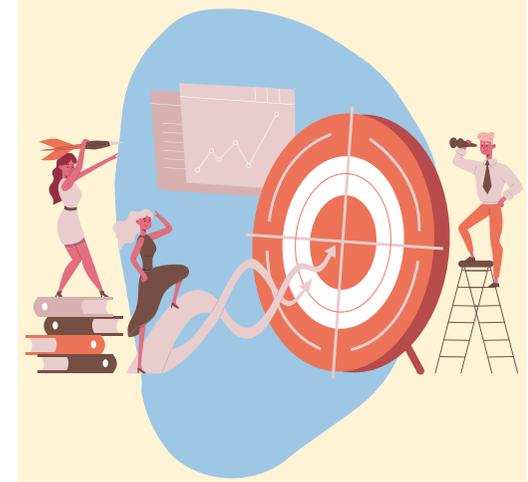
THRIVE ON ROUTINE



CREATIVE



EMPATHETIC



DETAIL ORIENTATED

SELF-ADVOCATE

I stand up for myself and my needs.



PASSIONATE

I have strong emotions and/or beliefs.



CURIOUS

I love to learn new things and ask questions.



THRIVES ON NOVELTY

I do best when things are changed and adapted to keep things interesting.



DETAIL ORIENTATED

I am interested in and pay attention to details.



EMPATHETIC

I care about others.



CREATIVE

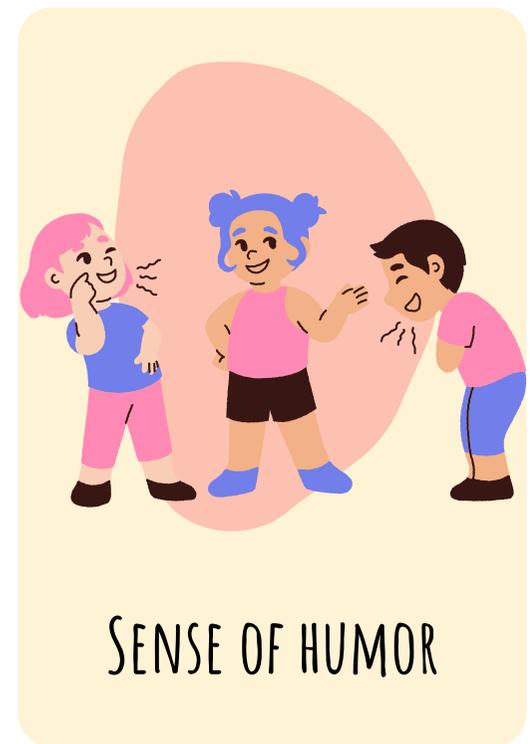
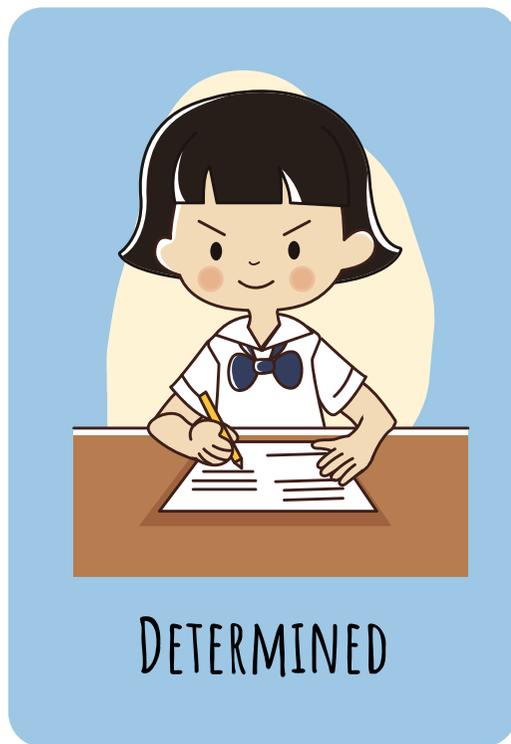
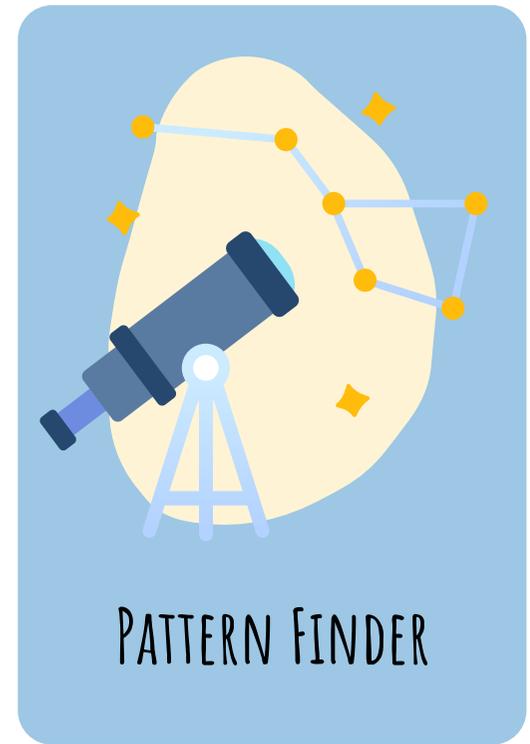
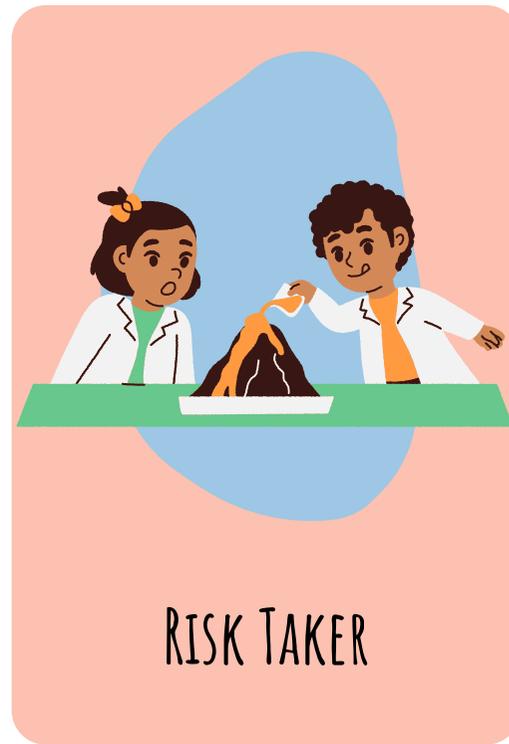
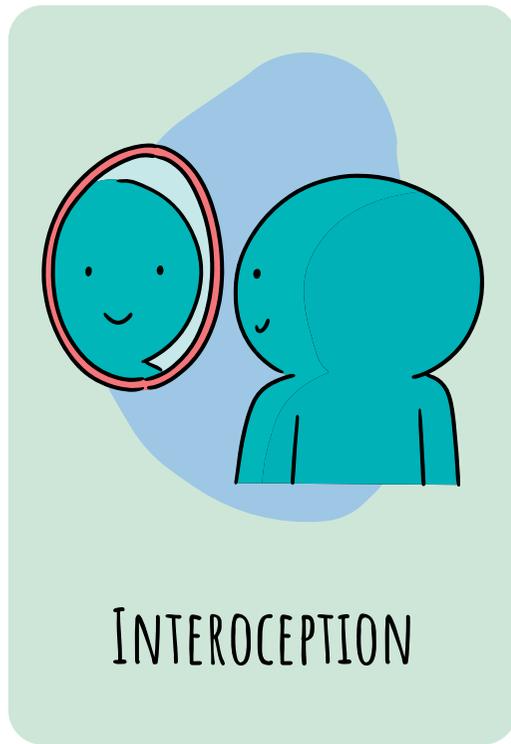
I have a creative mind and love to explore and create.



THRIVES ON ROUTINE

I do best when I have predictability and consistency.





PATTERN FINDER

I'm good at finding patterns and connections.



RISK TAKER

I take risks and give things a go.



INTEROCEPTION

I pay mindful attention to my body.

What is interoception?

It is the sense that notices the signals from the body's internal sensory systems. It forms the basis for noticing and naming emotions.

IN TUNE WITH TIME

I have a good internal clock. I have a good sense for how much time has passed.



SENSE OF HUMOR

I have a good sense of humor.



RESILIENT

When things are hard or don't go to plan, I don't give up.



DETERMINED

I am very motivated to achieve my goals.



LIVING IN THE MOMENT

I live in the present moment.





SPECIAL INTERESTS



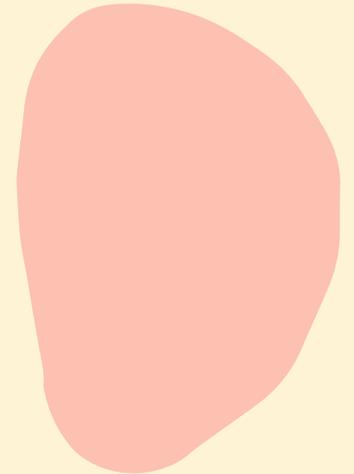
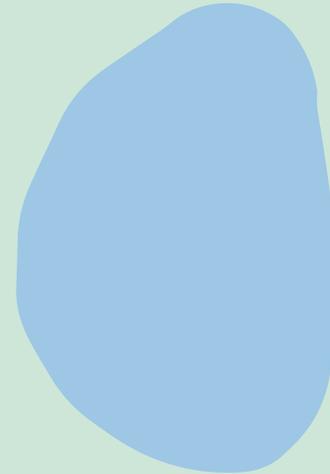
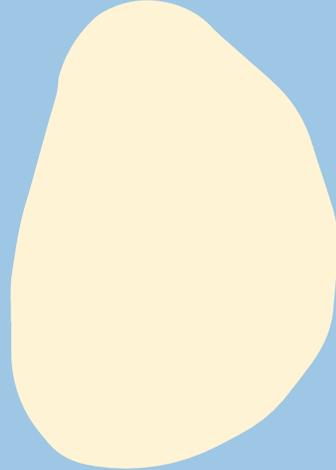
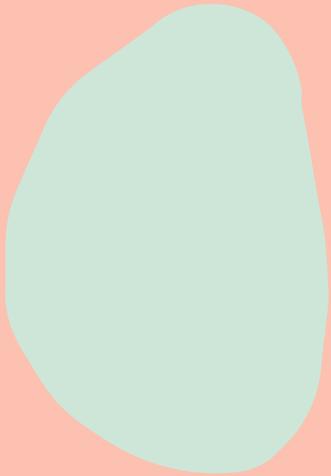
AUTODIDACTIC



DIRECT COMMUNICATOR



SENSATIVE



SENSATIVE

I experience my emotions very strongly and have deep feelings.



DIRECT COMMUNICATOR

I like to communicate in way that is clear and direct.



AUTODIDACTIC

I love teaching myself about things I'm passionate about.



SPECIAL INTERESTS

I have special interests. Special interests are things where I experience intense passion, interest and focus.

