Start with Strengths:
Creating Emotionally Healthy Communities
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- ✓ You cannot truly see the strengths in others until you see the strengths in yourself
- ✓ Think about your skill and character strengths. How are they different? How do your character strengths enhance your skills?
- ✓ Put your strengths to use every day
- ✓ Take the character strengths survey: viacharacter.org
- 💡 We see the negatives because they stand out and draw our attention

WHAT ARE MY OWN STRENGTHS?
List some of your strengths here:

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- ✓ Take some time to reflect on what it is about this person that brings you JOY
- ✓ Think about this person's skill and character strengths and consider how you can draw these to the surface
- ✓ Think about ways you can use these strengths to create a stronger connection with this person
- 💡 The words we use matter. They influence how we think about each other. Which words will you choose?

WHAT ARE THE STRENGTHS OF MY 'ONE'?
List some of these strengths here:

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- ✓ Create a safe space for everyone to share their stories and learn with each other
- ✓ Consider the different ways you can learn about resources in your community
- ✓ Share your knowledge with others
- 💡 Challenge yourself to think about the untapped resources in your community

WHAT ARE THE STRENGTHS OF MY COMMUNITY?
List some of these strengths here:

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- ✓ It starts with you. A tiny ripple can have huge reach and impact
- ✓ Bring your ONE's strength to the surface, tap into it and use it to connect and change the story for 5 days
- ✓ Reflect on what went well then share this with others
- 💡 We are all faced with a series of great opportunities brilliantly disguised as impossible situations

WHAT CAN I DO TO MAKE A DIFFERENCE?
List some of your ideas here:

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'You don't know what you are capable of until you have the opportunity to discover it.' Sir Ken Robinson

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