Questions and Prompts for Sharing about Strengths

1. Tell us about your strength.
2. (If applicable) What have you brought with you?
3. How old were you when you started?
4. How old are you now?
5. How many years have you been working on your strength?
6. When you first started, what was hard?
7. How did you get better at your strength?
8. Have you ever helped anyone learn your strength?
9. Do you hope to get even better at your strength?
10. What parts are still hard for you?
11. Do you have any goals to do with this strength?
12. (If applicable) Can you demonstrate your strength for us?