



The Strengths Map

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First of all....

What's a positive experience?

- An event that went well because you may positive things happen.
- Something that you are proud of.
- Something you really enjoyed or gave you satisfaction.

Describe an experience that was positive because of the things that you did to make it so:

What did you put into this event that made it successful for you?

I did _____

I did _____

I did _____

I did _____

I did _____

Using the following list of strengths (or choosing any of your own, complete the following strengths map.

- In the center, create a label for your positive experience.
- In the outer circles, add all the strengths that you used to make that experience a positive one.

Now describe this positive experience to someone else, focusing on all the things you did and the strengths you utilized to accomplish these tasks!

Strengths Vocabulary

Accurate	Action oriented	Adventurous	Ambitious
Analytical	Appreciative	Artistic	Athletic
Authentic	Bravery	Caring	Clever
Compassionate	Charming	Communicative	Confident
Considerate	Courageous	Creativity	Critical Thinker
Curious	Dedicated	Determined	Disciplined
Educated	Empathetic	Energetic	Entertaining
Enthusiastic	Fair	Fast	Flexible
Focused	Forgiving	Friendly	Generous
Good-Looking	Grateful	Helpful	Honest
Hopeful	Humble	Idealistic	Independent
Ingenuity	Industrious	Intelligent	Kind
Knowledgeable	Leader	Lively	Logical
Loving	Motivated	Observant	Optimistic
Open	Orderly	Original	Organized
Outgoing	Patient	Perseverant	Persuasive
Persistent	Practical	Precise	Respectful
Responsible	Self-Assured	Serious	Self-Controlled
Spirituality	Spontaneous	Social	Straightforward
Tactful	Team oriented	Thoughtful	Thrifty
Tolerant	Trustworthy	Versatile	Wise

What Else???

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