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Strengths Exploration Workbook (Couples Edition): What to do AFTER you Get Your List of Strengths

by **Focal Star Publishing**



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Note: This workbook is designed to be used in instructor led workshops and may not be suitable for individual use.

Identifying our strengths is a liberating experience. It is one of the ways that the 'gold' inside of us is uncovered and brought to light. Too often we are surrounded by negative feedback pointing out all of the 'dirt' in our lives. Every couple has times when the awareness of their faults prevents them from finding the gold inside of themselves and their mate. This workshop is designed to allow couples to see each other's gold and the value they each bring to the relationship.

Several assessments have been developed to help you uncover your strengths. They look beyond what you are NOT good at and focus on what you ARE good at. Recognizing these talents helps everyone tap into the areas where they have the most potential to excel.

This workbook is designed to help you and your mate build a deeper understanding of your strengths and begin to develop those top talents. Intended for facilitator led workshops, this workbook includes exercises for couples as well as individual assignments to take your understanding to the next level.

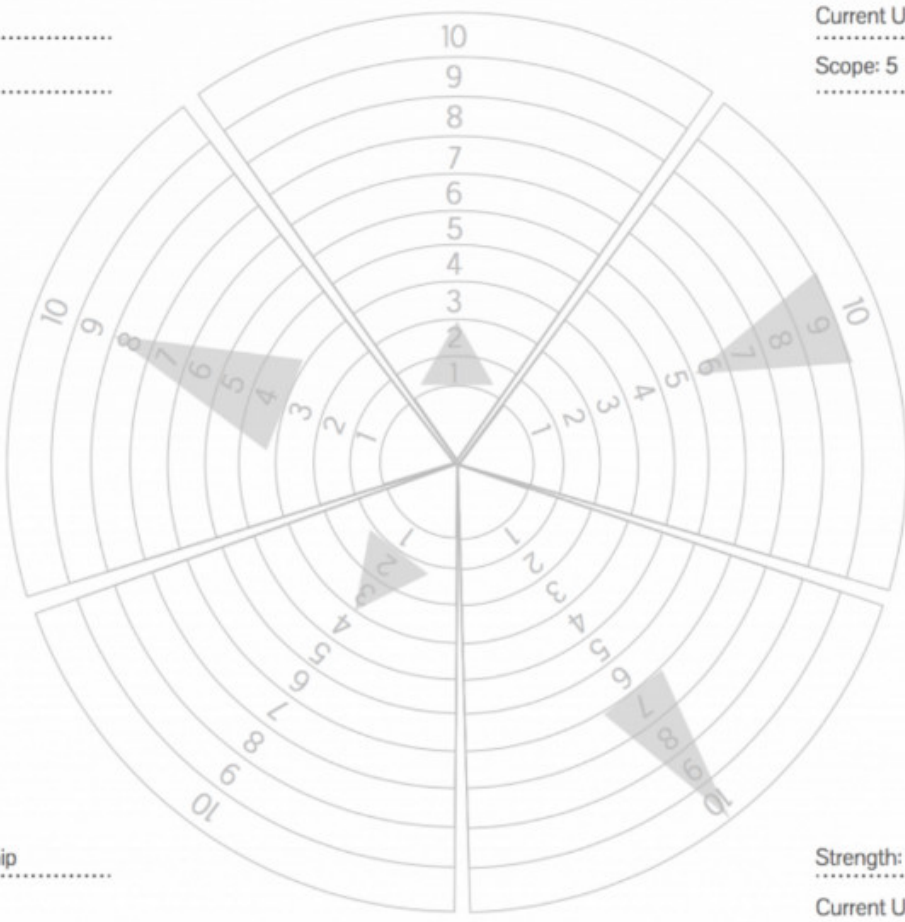
Not only will the two of you become closer as you discuss the best way to draw the gold out of one other, but you will also become more engaged, connected and fulfilled in your relationship together.

(Strength based assessments sold separately.)

Strength: Social Intelligence
Current Use: 1
Scope: 2

Strength: Gratitude
Current Use: 3
Scope: 8

Strength: Humor
Current Use: 9
Scope: 5



Strength: Leadership
Current Use: 2
Scope: 3

Strength: Love of Learning
Current Use: 7
Scope: 10

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