



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 47: Process of Reclamation

Greatest Strengths and Natural Abilities Survey

Ask a minimum of 3, preferably 5, family and/or friends the following questions to help uncover your natural strengths and talents. You can email the list with a request they respond in the next 5-7 days.

What are my greatest strengths?

What are my natural talents/abilities?

What do you enjoy most about me?

What makes me unique?

After you receive the responses, compile a list of answers. Take note of any themes that are apparent in the list.



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Pick 1-2 traits in this list that you can own and acknowledge on a deeper level.
How are you going to express these characteristics in your life this week?

Original Identity Recollection

What did you love to do as a child?

How did you express yourself before you became self-conscious and/or fearful?

What were your interests and hobbies before the day-to-day became about surviving?
You may want to look at old photographs, journal entries, awards or dig through a closet.

What activities could you do now that are the same, or similar, to those you once loved?

Answer the following sentence stem: If I were good enough, I would _____ .