

STRENGTH SPOTTING

Choose who is going to be **Person A** and who is going to be **Person B**. (Swap roles after the first go.)

- Person A** talks about a recent personal experience e.g. something they are proud of and something they found challenging.
- Person B** listens and tries to spot **Person A's** character strengths, marking them in the boxes below. *There are four blank spaces for you to add your own suggestions!*
- Person B** feeds back strengths and evidence they heard to **Person A**.

Brave	Caring	Confident
Considerate	Creative	Determined
Fair	Forgiving	Fun
Generous	Grateful	Honest
Hopeful	Humble	Humorous
Intelligent	Kind	Loving
Modest	Reliable	Resourceful
Persistent	Positive	Self-aware
Sensitive	Supportive	