

STRENGTHS & RESOURCES APPRAISAL

Please the article found at torontoconcussion.ca > Education > Library > Strengths & Resources (<https://torontoconcussion.ca/terminology/strengths-resources/>) to learn more about the distinction between strengths, skills, talents and resources; and to learn about the utility of this exercise.

For the purpose of this exercise, we will use “STRENGTHS” as representing strengths, interests, skills, talents and resources.

Instructions

1. An Area in life you would like to see better

- a. Identify an important area in your life you would like to see better as a result of working with our program; **and/or...**
- b. Identify some quality or state (e.g., hope, motivation, etc.) you would like to see more present in your life as a result of working with our program and what benefit that would provide to your life.
- c. These improvements/benefits may relate to your social life; career/school; household / living situation/family; leisure time; spiritual / cultural / intellectual / religious pursuits; exercise / health; relaxation time; etc.
- d. Write in these desired outcomes (i.e., desired improvements in your life, a positive state or quality you would like to see more present in your life) on the next page where it says “**Areas of life I would like to see better**”.
- e. If you have more than one “**Areas of life I would like to see better**”, you can complete the next sheet for each of those areas.

2. Your Successes

- a. Identify your successes in life; include the successes of which you are most proud
- b. Also, include your most recent successes in some facet of your life.
 - i. This can include even smaller-scale successes like successfully starting and exercise program; waking up cheerfully and making my partner laugh, etc.

3. Your STRENGTHS

- a. What are some things you did to make those successes happen?
- b. Which skills did you hone to get that done?
- c. What strengths and/or interests do you have that helped you succeed?
- d. What talents do you have that you used in achieving those successes?
- e. Which resources (e.g., people, support networks, etc.) did you rely upon for help?
- f. How did the presence of these **STRENGTHS** allow you to keep going towards your desired outcome in the face of challenges that presented themselves?
- g. Write in these **STRENGTHS** on the next page.
- h. Considering the times in life when you dialed up the “volume” on those **STRENGTHS** up to 10/10, where would you rank the current “volume” of those **STRENGTHS** in helping you improve the **Area in life you would like to see better**? Indicate this by putting an “X” along the scale for each **STRENGTH**.
- i. Do not feel like you have to fill in exactly five **STRENGTHS**. You can complete this exercise for as many strengths as you like.

Name:

Date:

Area of life I would like to see better:

STRENGTH #1:

1	2	3	4	5	6	7	8	9	10

STRENGTH #2:

1	2	3	4	5	6	7	8	9	10

STRENGTH #3:

1	2	3	4	5	6	7	8	9	10

STRENGTH #4:

1	2	3	4	5	6	7	8	9	10

STRENGTH #5:

1	2	3	4	5	6	7	8	9	10

Post-Exercise Reflection

1. If the **STRONGER** version of yourself could speak with you as you work on this **Area of life that you would like to see better**, what would they advise?
2. If you could dial up the “volume” on one or some of those **STRENGTHS**:
 - a. What improvements might you notice about yourself (i.e., in the things you say or do, or the way you feel) in the way you more successfully engage in your day-to-day life?
 - b. What improvements might those who know you best notice about you (i.e., in the things you say or do, or the way you look) as you more successfully engage in your day-to-day life that tells them you have dialed up the volume on some of those **STRENGTHS**?
3. Are there any challenges you see coming up in the future and describe how would you handle them by putting your **STRONGER** foot forward (i.e., in the things you say or do, or the way you feel) if you dialed up the volume in these **STRENGTHS**?
 - a. What might those who know you best notice that tells them that that **STRONGER** version of you is present in travelling to your desired outcome?
4. Think of upcoming opportunities you have to help improve an **Area of life that you would like to see better**. What will you do to more consciously employ your **STRENGTHS** in helping in realizing these improvements? Describe what steps you would take to do that.
5. Who are your heroes? And what **STRENGTHS** do you admire in them? How did they leverage them in overcoming challenges? How could you apply this to your own life?
6. Are there other **STRENGTHS** you believe you could develop that would help you improve this **Area of life that you would like to see better**?
7. If you were to experience an improvement in this **Area of life that you would like to see better**, how will you be able to acknowledge it?
 - a. How will you make the best of this positive change?
 - b. What do you envision that this improvement will allow you to do in a way that is good for you that you are not doing right now?
 - c. What other improvements would you notice about yourself that would fit with you engaging in life in this way?
 - d. What difference would that make to you and your life to experience this?