

Strength Shield

Life experience

support

attitude
beliefs

Self
Care



action skills

ego based

judging, competitive

self criticism

drama, crisis

shoulds, have-tos

**managing others'
impressions**

resignation, reacting

blaming, victim mentality

personal power based

becoming your best self

self forgiveness —

peace, flow

choose to, want to

honoring your own integrity

visioning, creating

100% responsible

Strengths

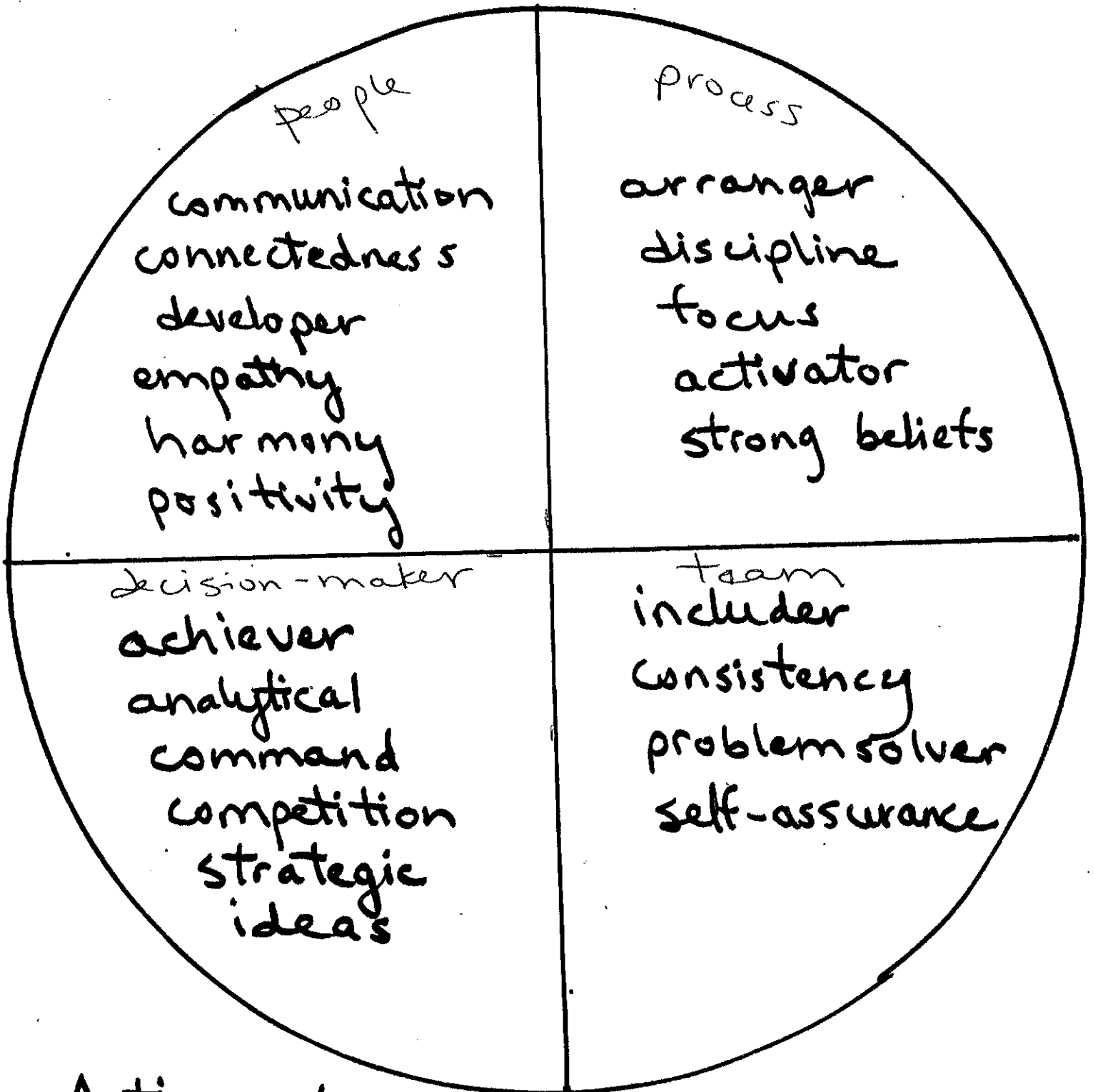
Things you are
good at

What people say
you are good at

what would you like
to be strong in?

what do you like?

Strengths



Action steps on building a strength

- 1.
- 2.
- 3.

Intention or goal: _____

Moving forward is.....

Moving forward is.....

Moving forward is.....

Moving forward is.....

Moving forward is.....

Moving forward is.....

Moving forward is.....