

a n i n s t a n t h e l p b o o k f o r t e e n s

get out of your mind & into your life for teens

a guide to living an extraordinary life

* recognize your
strengths

* let go of **anxiety**
and **self-doubt**

* make lasting **friendships**

* live your **dreams**

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Strength Spotting: A Supplemental Exercise for *Get Out of Your Mind and Into Your Life* for Teens



Exercise: Identify your strengths

Describe yourself as you honestly see yourself. Indicate for each statement the extent it is accurate for you. Rate each item on the following scale:

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Appreciation of beauty

I feel it's important to live in a world of beauty

1 2 3 4 5

I experience deep emotions when I see beautiful things.

1 2 3 4 5

I appreciate all forms of art (for example, dance, music, painting)

1 2 3 4 5

Appreciate beauty score

(add up numbers) _____

Capacity for love and friendship

I share my feelings with others 1 2 3 4 5

I can express love to someone else. 1 2 3 4 5

I know someone whom I really care about
as a person. 1 2 3 4 5

Capacity love score _____

Teamwork

I enjoy being part of a group. 1 2 3 4 5

I support my teammates or fellow group
members. 1 2 3 4 5

I am good at working with a group 1 2 3 4 5

Teamwork score _____

Curiosity

I find the world a very interesting place. 1 2 3 4 5

I like to always be involved in something
new 1 2 3 4 5

I like to try many different activities 1 2 3 4 5

Curiosity score _____

Fairness

I admit when I am wrong. 1 2 3 4 5

I treat all people equally. 1 2 3 4 5

I believe that everybody should have a
say 1 2 3 4 5

Fairness score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Forgiveness

I believe that it is best to forgive and forget.

1 2 3 4 5

I don't try to get even.

1 2 3 4 5

I accept that my friends will be imperfect

1 2 3 4 5

Forgiveness score _____

Gratitude

I express my thanks to those who care about me.

1 2 3 4 5

I feel thankful for what I have received in life.

1 2 3 4 5

I have been richly blessed in my life.

1 2 3 4 5

Gratitude score _____

Hope

I am confident that my way of doing things will work out for the best.

1 2 3 4 5

I will succeed with the goals I set for myself.

1 2 3 4 5

I remain hopeful despite challenges

1 2 3 4 5

Hope score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Humour

I try to tease my friends out of their gloomy moods

1 2 3 4 5

I use laughter to brighten the days of others.

1 2 3 4 5

I try to add some humour to whatever I do.

1 2 3 4 5

Humour score _____

Persistence

I don't quit a task before it is finished.

1 2 3 4 5

I finish things despite obstacles in the way.

1 2 3 4 5

I learn from my mistakes and keep working to achieve my goals

1 2 3 4 5

Persistence score _____

Honesty

I tell people what I really care about

1 2 3 4 5

I can be trusted to keep my promises.

1 2 3 4 5

I do not lie to get myself out of trouble

1 2 3 4 5

Honesty score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Careful Judgment

I make decisions only after I have all of the facts. 1 2 3 4 5

I am a firm believer in thinking things through 1 2 3 4 5

I try to have good reasons for my important decisions. 1 2 3 4 5 Judgment score _____

Kindness

I am never too busy to help a friend. 1 2 3 4 5

I go out of my way to cheer up people who appear down. 1 2 3 4 5

I love to make other people happy. 1 2 3 4 5 Kindness score _____

Leadership

I try to make sure everyone in a group feels included. 1 2 3 4 5

I am good at helping people work well together. 1 2 3 4 5

I am good at taking charge of a group 1 2 3 4 5 Leadership score _____

Love of Learning

I am thrilled when I learn something new. 1 2 3 4 5

I look forward to the opportunity to learn and grow. 1 2 3 4 5

I consult books or the internet immediately if I want to know something 1 2 3 4 5

Love learn score _____

Humility

I don't act as if I'm a special person. 1 2 3 4 5

I don't brag about my accomplishments. 1 2 3 4 5

I am humble about the good things that have happened to me 1 2 3 4 5

Humility score _____

Creativity

I am able to come up with new and different ideas. 1 2 3 4 5

I like to think of new ways to do things. 1 2 3 4 5

I am an original thinker. 1 2 3 4 5

Creativity score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Wisdom

I do not lose sight of what is really important in life

12345

I have an excellent view of the world

12345

People come to me for advice

12345

Wisdom score _____

Carefulness

I believe it is always better to be safe than sorry

12345

I think before I speak.

12345

I avoid activities that are physically dangerous

12345

Carefulness score _____

Self-control

I have no trouble eating healthy foods.

12345

I am a highly disciplined person.

12345

I do not give in to my urges

12345

Self-control score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Social Intelligence

I am able to fit into any situation 1 2 3 4 5

I know what to say to make people feel good. 1 2 3 4 5

I am good at sensing what others are feeling. 1 2 3 4 5

Social int. score _____

Spirituality/Religiousness

I believe in a universal power or God. 1 2 3 4 5

I believe that each person has a purpose in life 1 2 3 4 5

I keep my faith even during hard times. 1 2 3 4 5

Spirituality score _____

Courage

I can face my fear 1 2 3 4 5

I express unpopular opinions if I believe they are right 1 2 3 4 5

I am a brave person 1 2 3 4 5

Courage score _____

1	2	3	4	5
<i>Very Inaccurate</i>	<i>Moderately Inaccurate</i>	<i>Neither accurate nor inaccurate</i>	<i>Moderately Accurate</i>	<i>Very accurate</i>

Enthusiasm

I love what I do. 1 2 3 4 5

I look forward to each new day. 1 2 3 4 5

I can't wait to get started on a project. 1 2 3 4 5 Enthusiasm score _____



Now look at your strength scores and write down your top five strengths. Use your scores only as a guide, and just choose the five strengths you think best describe you. You can describe the strengths in your own words.

My top five strengths (in your own words and in no particular order):

1.
2.
3.
4.
5.