Personal Strengths Inventory

Theme: Life skills, Diversity

Goal: To help you understand what you want from others and what you don’t want from others. May help facilitate discussions about community and individuals roles within a community.

Group Size: Unlimited

Time: 30 minutes, maybe more depending on the amount of discussion and whether people complete the questions before hand or at the program.

Materials: Enough copies of each part of the activity for each participant. Pens or pencils for people to complete the activity with.

Setting: A lounge where participants feel comfortable.

Activity Set Up:
1. You can have participants complete the questions prior to the program but only give them the instructions and the questions.
2. Start by stressing that this activity is being done as a conversation starter and is not being used to label or group members of your community.
3. Once everyone has completed the questions pass out the Scoring sheet and have him or her transfer responses.
4. Discuss the regions everyone falls into and ask if they feel the description fits them.
5. Discuss how knowing this information could help better understand other members of your community.