



FOCUS ON STRENGTHS

When you join your strengths with others, you can accomplish far more than you ever thought. In this video, we share 3 ways for you to focus on, enhance, and thrive in your strengths AND someone else's.

INTRODUCTION (00:00)

A strength is something that you are naturally good at, enjoy, or the way you process information.

1. *Using the example of Nathan and Lacey, are you a quick, think on your feet person or are you a slow, deliberative processor?*

DISCOVER YOUR STRENGTHS (01:31)

Discovering your strengths will help you enjoy life more because you will focus more of your time in areas you are gifted. This will benefit you and others around you.

2. *What is something you find easy to do that you get frustrated at others for not being able to do?*

VALUE OTHER PEOPLE'S STRENGTHS (03:52)

Leaning into other people's strengths requires that we view their strengths as important and valuable to our lives.

3. *When was the last time that you allowed someone to speak into a situation you faced?*

CREATE WORKING SYSTEMS FOR YOUR STRENGTHS (08:02)

Inviting people into your life, who have differing strengths and experiences, may become frustrating but it will empower you to make confident life choices.

4. *In what circumstance in your life can you invite someone to help you navigate it with confidence?*

ACTIVATION (09:08)

- 1) Assume the best about deliberative thinkers and give them the time and space they need to process the information.
- 2) Give the verbal processor freedom to speak without becoming offended, defensive, or withdrawing from the conversation.

Strength Finders: Gallup.com/CliftonStrengths

High 5 Strengths: High5Test.com

Enneagram: EnneagramWorldWide.com | Truity.com/Test/Enneagram-Personality-Test