

# Exercise- Eleven Key Types of Strengths

- Using the “Eleven Key Types of Strengths” list at least 2 of your strengths in each area and be prepared to share with the group.

Trait

Resiliency Strengths

Possibility Strengths

Resource Strengths

Borrowed Strengths

Past or Historical Strengths

Hidden Strengths

Behavior

Environmental

Feeling, Attitude or Value

Interest

# What's a healthy family?



*"Here's to family..."*