

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do good things he planned for us long ago - Ephesians 2:10

STRENGTHS BIAS: We need to have a STRENGTHS BIAS, focusing on the gifts God gave us, in order to protect, enhance, and develop our confidence

In order to have a STRENGTHS BIAS, we first need to be AWARE of our strengths so that we can focus on them in order to protect, enhance, and develop our confidence.

Please list all of your strengths in the following areas:

<u>Physical Strengths</u> (Example: I am excellent at being a team player, I have incredible upper body strength, I have great fine motor skills)	<u>Mental/Emotional Strengths</u> (I bounces back fast after mistakes, I believe in myself no matter what)	<u>Character/Personality Strengths</u> (Example: I am kind to others, I share my Christian faith with others, I am loyal, I am funny)

Why is it important to be aware of our strengths in order to protect, enhance, and develop our confidence?



GROUP EXERCISE

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STRENGTHS BIAS: We need to have a STRENGTHS BIAS, focusing on the gifts God gave us, in order to protect, enhance, and develop our confidence

In order to have a **STRENGTHS BIAS** we first need to be **AWARE** of our strengths so that we can focus on them in order to protect, enhance, and develop our confidence. Sometimes, it is helpful to ask others who know us to help us do that.

Name: _____

Please write your name at the top of this page and then give the list to others (encouragers) to fill out in order to make you more aware of your strengths (When you are filling out other lists, don't be too concerned whether they are in the correct category for Mental/Emotional and Character/Personality strengths, just put it where you think it best fits)

Name of Encourager: Alex Jones	Physical Strengths (Example: S/he is excellent at being a team player, S/he has incredible upper body strength, S/he has great fine motor skills)	Mental/Emotional Strengths (Example: S/he bounces back fast after mistakes, S/he believes in herself no matter what)	Character/Personality Strengths (Example: S/he is kind to others, S/he shares their Christian faith with others, S/he is loyal, S/he is funny)



Name of Encourager:	Physic	Mental/Emotional Strengths	Character/Personality Strengths
Alex Jones	(Example: S/he is excellent at being a team player, S/he has incredible upper body strength, S/he has great fine motor skills, S/he has good technique)	(Example: S/he bounces back fast after mistakes, S/he believes in herself no matter what, She is very focused)	(Example: S/he is kind to others, S/he shares her Christian faith with others, S/he is loyal, S/he is funny)

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