Strengths-Based Support- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the statement below and reflect with curiosity on the questions that follow. You may journal your response, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

*Right now, we are experiencing a unique challenge, self-isolation. While this type of challenge is new to us, challenges in general are not new, they are a part of the human existence. When this challenge ends, it will not be the end of challenge, another will follow closely on its heels. What character traits do you have that support you through the challenges of your life?*

Questions:

1) List some of your top traits. You might be familiar with these through self-reflection, things people have told you, or personality/character tests like the Meyers-Briggs or Gallop StrengthFinder. Here is the one the MPL team likes, it’s free: <https://www.viacharacter.org/>

2) How have you utilized these strengths to support yourself through past challenges?

3) How might you use them to support yourself and others in this current time of challenge?