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# THE STRENGTHS CARDS

The following pages contain the master copies of the strength cards (p.35-40). These pages should be used for making copies and then kept with the manual so that additional sets of cards can be made in the future. There is also a page of blank cards so that other strengths may be added to the deck (p. 41). If it is not practical to use a deck of cards a list of the strengths are also included. (p. 42). Below are examples of how the strength cards look cut out.

**ATHLETIC H**

**LIKABLE S**

**PRACTICAL T**

**PATIENT E**

**CURIOUS M**

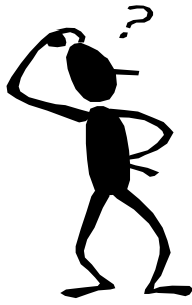


**STRENGTHS FROM THE SOCIAL DIVISION OF SELF**

(Print on red cardstock and cut on the dotted lines.)

Strengths from the social division of self help improve and maintain your interactions and relationships with other people (e.g., level of comfort in social situations; ability to make and keep friends).

<b>COOPERATIVE</b>	<b>S</b>	<b>FRIENDLY</b>	<b>S</b>
<b>LIKABLE</b>	<b>S</b>	<b>LOVES ANIMALS</b>	<b>S</b>
<b>LOVES CHILDREN</b>	<b>S</b>	<b>LOYAL</b>	<b>S</b>
<b>PEACEMAKER</b>	<b>S</b>	<b>POLITE</b>	<b>S</b>
<b>SENSITIVE TO THE NEEDS OF OTHERS</b>	<b>S</b>	<b>SINCERE</b>	<b>S</b>



## **STRENGTHS FROM THE THINKING DIVISION OF SELF**

(Print on white cardstock and cut on the dotted lines.)

The strengths from the cognitive division of self deal with ways of thinking, learning, and solving problems (e.g., ability to understand books and lectures; ability to come up with creative solutions to problems).

<b>ADAPTABLE</b>	<b>T</b>	<b>GOOD MEMORY</b>	<b>T</b>
<b>GOOD AT PROBLEM SOLVING</b>	<b>T</b>	<b>IMAGINATIVE</b>	<b>T</b>
<b>LOGICAL</b>	<b>T</b>	<b>ORGANIZED</b>	<b>T</b>
<b>PRACTICAL</b>	<b>T</b>	<b>QUICK THINKING</b>	<b>T</b>
<b>SMART</b>	<b>T</b>	<b>WILLING TO LEARN</b>	<b>T</b>

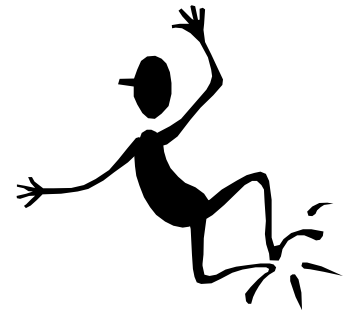
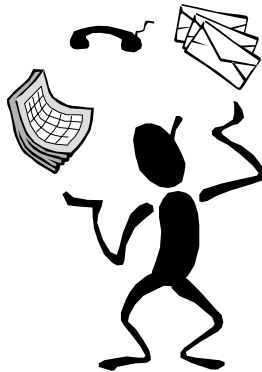


**STRENGTHS FROM THE HEALTH/PERFORMANCE DIVISION OF SELF**

(Print on green cardstock and cut on the dotted lines)

Behavioral strengths refer to physical skills and talents (e.g., ability to play sports, dance, etc.). Physical strengths refer to your health, strength, endurance, and energy level.

<b>ARTISTIC</b>	<b>H</b>	<b>ATHLETIC</b>	<b>H</b>
<b>ENERGETIC</b>	<b>H</b>	<b>FLEXIBLE/ LIMBER</b>	<b>H</b>
<b>FUNNY</b>	<b>H</b>	<b>GOOD ENDURANCE</b>	<b>H</b>
<b>HEALTHY</b>	<b>H</b>	<b>MUSICAL</b>	<b>H</b>
<b>MECHANICAL</b>	<b>H</b>	<b>STRONG</b>	<b>H</b>



**STRENGTHS FROM THE EMOTIONAL DIVISION OF SELF**

(Print on yellow cardstock and cut on the dotted lines.)

Strengths from the emotional division of self deal with your ability to control and make the best of your moods and feelings.

<b>ABLE TO CONTROL TEMPER</b>	<b>E</b>	<b>ABLE TO EXPRESS FEELINGS</b>	<b>E</b>
<b>ENTHUSIASTIC</b>	<b>E</b>	<b>CONTENTED/ INNER PEACE</b>	<b>E</b>
<b>COOL HEADED</b>	<b>E</b>	<b>GOOD SENSE OF HUMOR</b>	<b>E</b>
<b>HAPPY</b>	<b>E</b>	<b>PATIENT</b>	<b>E</b>
<b>RELAXED</b>	<b>E</b>	<b>WARM HEARTED</b>	<b>E</b>

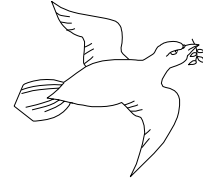
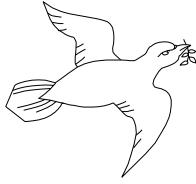


## **STRENGTHS FROM THE MOTIVATIONAL DIVISION OF SELF**

(Print on blue cardstock and cut on the dotted lines.)

Motivational strengths deal with your wants and needs, and the determination to meet them (e.g., ability to set and reach personal goals).

<b>ADVENTUROUS</b>	<b>M</b>	<b>AMBITIOUS</b>	<b>M</b>
<b>COMPETITIVE</b>	<b>M</b>	<b>CURIOUS</b>	<b>M</b>
<b>DETERMINED</b>	<b>M</b>	<b>HARD WORKING</b>	<b>M</b>
<b>INDEPENDENT</b>	<b>M</b>	<b>PERSISTENT</b>	<b>M</b>
<b>SPONTANEOUS</b>	<b>M</b>	<b>WILLING TO TAKE RISKS</b>	<b>M</b>



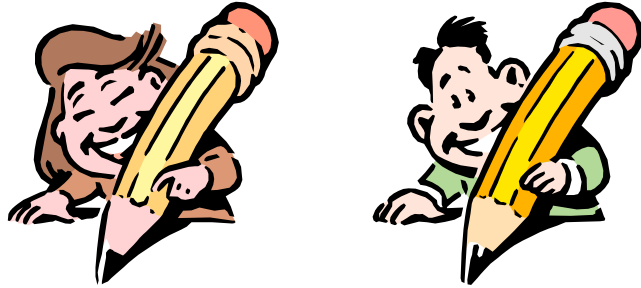
**STRENGTHS FROM THE LIFE VIEW  
DIVISION OF SELF**

(Print on purple cardstock and cut on the dotted lines.)

Spiritual/philosophical strengths deal with morals, ethics, religion, your relationship with a higher power, and life view (e.g., views of "right and wrong").

<b>SPIRITUAL</b>	<b>L</b>	<b>ETHICAL</b>	<b>L</b>
<b>FAIR</b>	<b>L</b>	<b>FORGIVING</b>	<b>L</b>
<b>GENEROUS</b>	<b>L</b>	<b>HONEST</b>	<b>L</b>
<b>OPTIMISTIC</b>	<b>L</b>	<b>RELIGIOUS</b>	<b>L</b>
<b>BELIEVES IN SELF</b>	<b>L</b>	<b>WILLING TO TAKE A STAND</b>	<b>L</b>





## **BLANK STRENGTH CARDS**

(Print on appropriate colored cardstock and cut on the dotted lines.)

If you want to add specific strengths to the deck or allow participants to add strengths to the deck, use this blank card template.


# THE "TOWER" STRENGTHS LIST

## **Social Strengths** (printed on red cards)

Cooperative  
Friendly  
Likable  
Loves Animals  
Loves Children  
Loyal  
Peacemaker  
Polite  
Sensitive to the needs of others  
Sincere

## **Cognitive Strengths** (printed on white cards)

Adaptable  
Good Memory  
Good at problem solving  
Imaginative  
Logical  
Organized  
Practical  
Quick thinking  
Smart  
Willing to learn

## **Behavioral/Physical Strengths** (printed on green cards)

Artistic  
Athletic  
Energetic  
Flexible/limber  
Funny  
Good endurance  
Healthy  
Mechanical  
Musical  
Strong

## **Emotional Strengths** (printed on yellow cards)

Able to control temper  
Able to express feelings  
Enthusiastic  
Contented/inner peace  
Cool headed  
Good sense of humor  
Happy  
Patient  
Relaxed  
Warm hearted

## **Motivational Strengths** (printed on blue cards)

Adventurous  
Ambitious  
Competitive  
Curious  
Determined  
Hard working  
Independent  
Persistent  
Spontaneous  
Willing to take risks

## **Spiritual/Philosophical Strengths** (printed on purple cards)

Believes in Self  
Ethical  
Fair  
Forgiving  
Generous  
Honest  
Optimistic  
Religious  
Spiritual  
Willing to take a stand

# DISCUSSION TOPICS FOR *THE TOWER OF STRENGTHS*



The following discussion topics have been used with *The Tower of Strengths*. Feel free to create or modify the discussion questions to better serve your clients.

# ***THE TOWER OF STRENGTHS***

## **DISCUSSION TOPICS**

### **Existing Strengths Discussion Topics**

- Name one of your strengths. How many other people also named this strength? Discuss why it is important.
- Discuss how this strength has been helpful in the past.
- Can this strength be used in a new way to improve your current situation?
- Is this strength always a strength or can it also be a problem?

### **"Parts of You" Discussion Topics**

- Discuss the "parts of you" explanation sheet. Which part of you is the strongest? Which part of you is the weakest?

### **Desired Strengths Discussion Topics**

Name one of your desired strengths.

- Why do you want to develop this strength?
- What can you do to develop this strength?
- How difficult do you think it will be to develop?

## ***THE TOWER OF STRENGTHS*** **FOLLOW-UP DISCUSSION TOPICS**

- How have your existing strengths helped you make progress on one of your personal goals or desired strengths?
- Which existing strength has been the most useful to you? Why?
- What progress have you made on attaining a desired strength?
- Which desired strength has been the most difficult to attain?