People who know their strengths and use them every day tend to be happier, have better self-esteem, and are more likely to complete their goals. This exercise will help you enter the strength-spotting mindset.

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| Think about a fictional character. | | | |
| Name an inspiring character from a book, movie, or TV show: | |  | |
| List their strengths: |  | | |
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| Describe how they use their strengths to overcome challenges, or in everyday life: | | |  |
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| Think about an inspiring person you know. | | | |
| Name an inspiring person you know: | |  | |
| List their strengths: |  | | |
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| Describe how they use their strengths to overcome challenges, or in everyday life: | | |  |
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| Think about yourself. | | | | |
| List your strengths: |  | | | |
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| Describe how you use your strengths in everyday life: | | |  | |
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| Describe how you have used your strengths to overcome a specific challenge: | | | |  |
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