

DISCOVERING INDIVIDUAL STRENGTHS

QUESTIONS TO ASK:

Ask questions that'll encourage the person to reflect on their past successes, challenges they've overcome, and moments of personal fulfillment.

Explore their
current situation:

What are you doing and managing well right now?

What are you feeling good about right now?

What does a good day look like for you, and what makes it a good day?

Explore their
personal qualities:

Tell me something you're proud of.

What do you like about yourself?

What do you think you do well?

What would people closest to you say you're great at?

Explore their
support network:

Who is important to you?

How do you like for people to support you?

Who supports you daily and how?

Who can you count on?

Explore their
challenges in context:

Are there times when the problem isn't happening?

What did you learn about yourself during a tough time?

How have you managed the problem until now?

Explore their values:

What is important to you?

What do you truly value in life?

What do you hope to gain from our work together?

