

Guided Reflection: Considering a Person's Strengths

Think about one of the Healthy Start participants you work with, or think about a family member or friend. Write down your thoughts in response to the questions below to gain practice in using a strengths-based approach.

1. List a few (3 or 4) issues and challenges she is facing in her life. *(Consider issues and challenges related to her health or her family's health, basic needs and security, as well as barriers she faces to her hopes for the future).*

2. Now, list a few (3 or 4) of her assets, her strengths and personal resources that can help her as she faces problems and opportunities in her life. *(Consider personal qualities such as high energy or openness to try new things; social support from family and friends; connections to the community such as church or cultural groups; special skills and creativity).*

3. Write down a few ways you can think of that some of her strengths listed above might help her meet some of her challenges.

