**Strengths from Family, Culture and Community**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Reflect on these questions and write down some of your personal strengths.**

1. What are some strengths you learned from your family?

Examples: My mother taught me to be a strong and independent woman.
My father taught me to speak Spanish.

1. What are some strengths you learned from your culture?
Examples: I grew up in a community with many different cultures. I learned to appreciate people who were different from me.
My culture values “Aloha” with means treating everyone with kindness and respect.

My culture values respecting the earth and taking care of the environment.

1. What are some strengths you learned from your community?
Examples: I had a math teacher who was very supportive. I learned to be good at math.
I participated in sports and learned to value physical fitness.

**Share your personal strengths with your group. As you share your own personal strengths and listen to others, notice and appreciate how others are different.**

**What was one surprising thing you learned from this exercise?**