Questions for Helping to Identify Strengths

***Sample Questions for Children:***

* If you could say one good thing about yourself, what would it be?
* I like your (hair, clothes, etc.). Did you come up with that yourself?
* What is your favorite color? Musician? Sport? Subject in school?
* Tell me about your friends.
* What do you value most in a friendship?
* What about your personality? Are you (quiet, talkative, private, outgoing, trustworthy)?
* Name two good things about your parent/school/ community.
* When was the best time you had with your family? What did you like about it?
* Who do you admire most in your family? Why?

***Sample Questions for Adults:***

* What do you do for fun?
* Who are your close friends and why are they special to you?
* What were you like as a kid?
* Who has been the biggest influence on your life?
* What was the best vacation you ever took?
* What do you do to “blow off steam”?
* If you have one goal this next year, what would it be?
* What are the best things about yourself? Your family? Your community?
* What are your favorite books? Movies? Name a celebrity that is like you.
* What makes you smile?
* Describe the best time you had with your son or daughter

Adapted from “Completing a Strengths Inventory”

Community Care Systems, Inc.