

I'M BEING SMARTER NOW



Strength Spotting

- Wisdom: Cognitive Creativity
Curiosity Judgment Love of Learning Perspective
- Courage: Bravery Perseverance
Honesty Zest
- Humanity: Love Kindness Social
Intelligence Teamwork
- Justice: Fairness Leadership
- Temperance: Forgiveness Humility
Prudence Self-Regulation
- Transcendence: Appreciation
Beauty & Excellence Gratitude
Hope Humor Spirituality

FEAR

- Fuse To Thoughts and Feelings
- Excessive Thinking
- Attractors Negative Emotional
- Run Away & Avoidance

DARE

- Defuse: Notice, Name, Normalize
- Acceptance: Allow, Appreciate
- Reinforce Skills & Support
- Enjoy Values

Problem Solving Process

- Domain of Problem
- Team Gathered
- Values Focus
- Imagine, Move, Be
- Define Problem, Cause, Solutions
- Plan-SMARTER Goals
- Resources & Resourcefulness
- Practice, Rehearse
- Act Communicate
- Evaluate Revise

Imagine and Move (motion creates emotion) Being the person I want to be, Values, Character Strengths:

Specific Small Meaningful Measurable Actionable Attainable Timeline Now:

Roadblocks Resources Rewards Ramification:

Team Roles:

Evaluate, Emotions, Revise, Resilient