

# 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

## Specific Small Meaningful Measurable Actionable Attainable Timeline Now:

## Roadblocks Resources Rewards Ramification:

## Team Roles:

## 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

## Evaluate, Emotions, Revise, Resilient

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