



Strengths Based Resiliency Quiz

One of the best strategies to shift the dynamic in your family is to highlight you and your families strengths. We will consistently turn to your strengths to shift strategy and behavior. So please, take some time to really think about your strengths. Use the space below to write them down. Then talk to others to get their input. You'd be surprised how others can rattle off your strengths sometimes better than you can! And finally, jot down each of your child's strengths and your partners, if applicable.

Below is a link to a strengths based resiliency quiz. Please take this quiz as well and bring a copy of your results to our next session. I look forward to celebrating all the ways you naturally show up for you and your family!

<https://www.strengthsbasedresilience.com/assessments/ssq72>

Your Strengths:

Your Child/Children's Strengths:

Your Partner's Strengths: