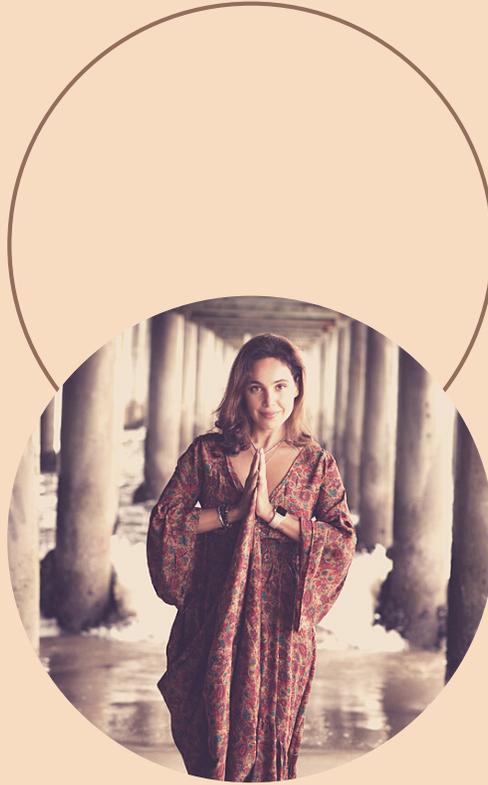


CULTIVATING STRENGTHS

with Dalia Halabi



Welcome

In times of uncertainty and turmoil, it is natural to feel unrooted and afraid. I have found that when you take inventory of your strengths, and you truly appreciate your own resilience, you stop feeling so anxious about all the things that are not in your control. “A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on it’s own wings. Always believe in yourself” – **Unknown**

I hope after doing this exercise you truly appreciate that you already have everything you need to handle anything.

Remembering your resources

While we may experience positive moments on a daily basis, certain events in our lives have a significant impact on our future. Upon reflection, we realize that these moments were turning points that shaped our lives in a positive way. Examples of such events include quitting a job, or even taking a course to learn something new. Although these events may not seem dramatic or extraordinary, their impact is profound.

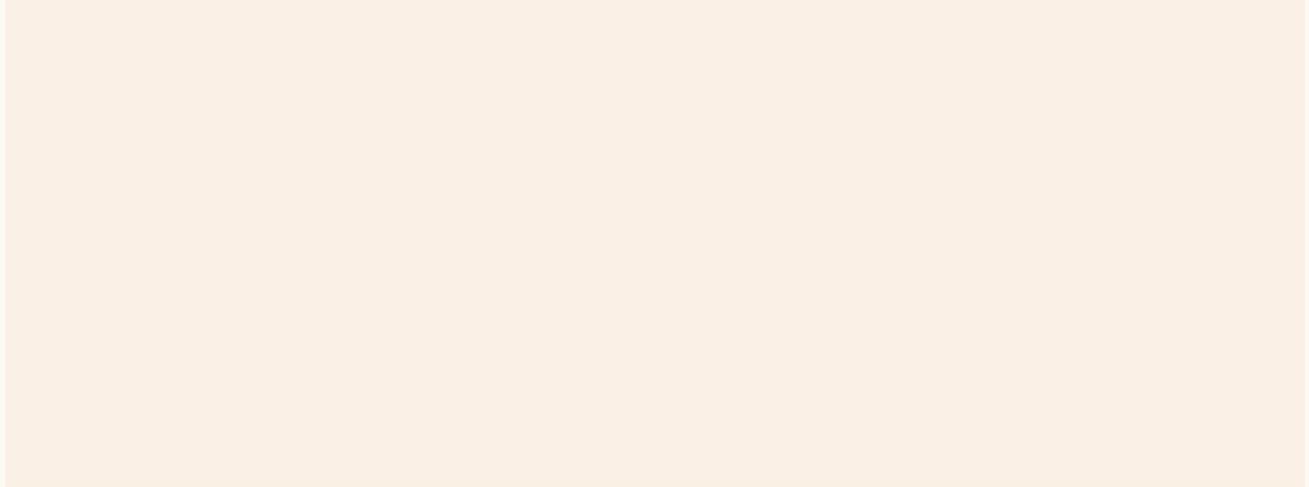
Crucially, these moments typically occur as a result of our proactive behavior, rather than passively waiting for things to happen. By taking action, we reveal important information about our personal strengths. For example, it may have been our courage that enabled us to overcome fear and quit our job, or our love of learning that motivated us to take a new course. By carefully examining such pivotal moments in our lives, we can gain a better understanding of our unique strengths and abilities.

“Resiliency is the ability to spring back from and successfully adapt to adversity.” – Nan Henderson

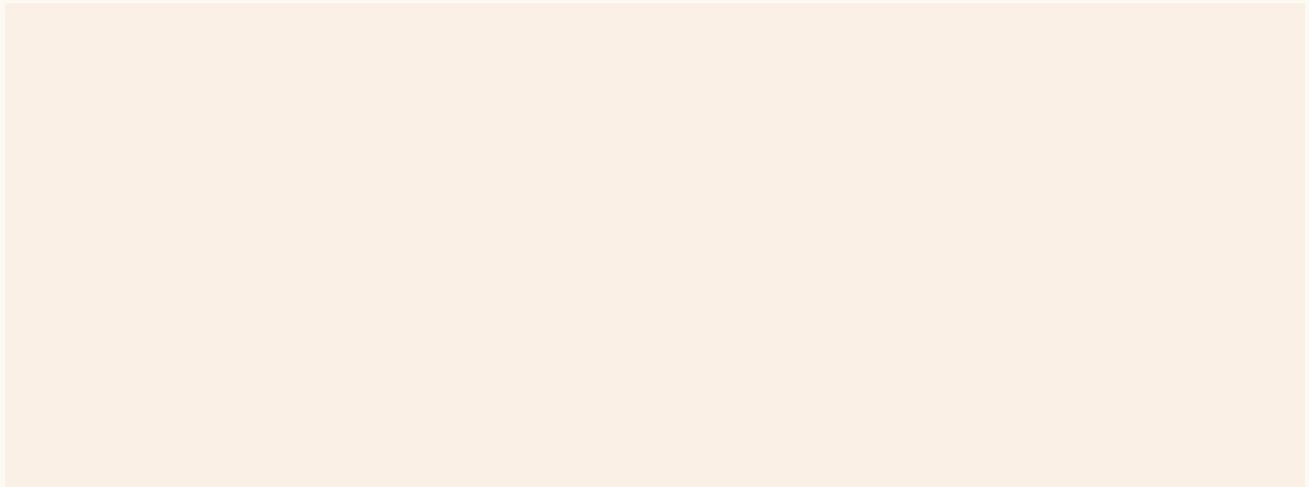
It's important to note that certain events may seem negative at first, but these moments can ultimately serve as valuable life lessons. Engaging in the exercise of reflecting on these kinds of significant moments can be a powerful reminder that every experience, especially the negative ones, can add to your resources and lead you to something better because you got better.

Question & Answer

Recall a moment when you took action and achieved a favorable result. The experience doesn't have to be revolutionary, but it should have had a significant effect on your life.

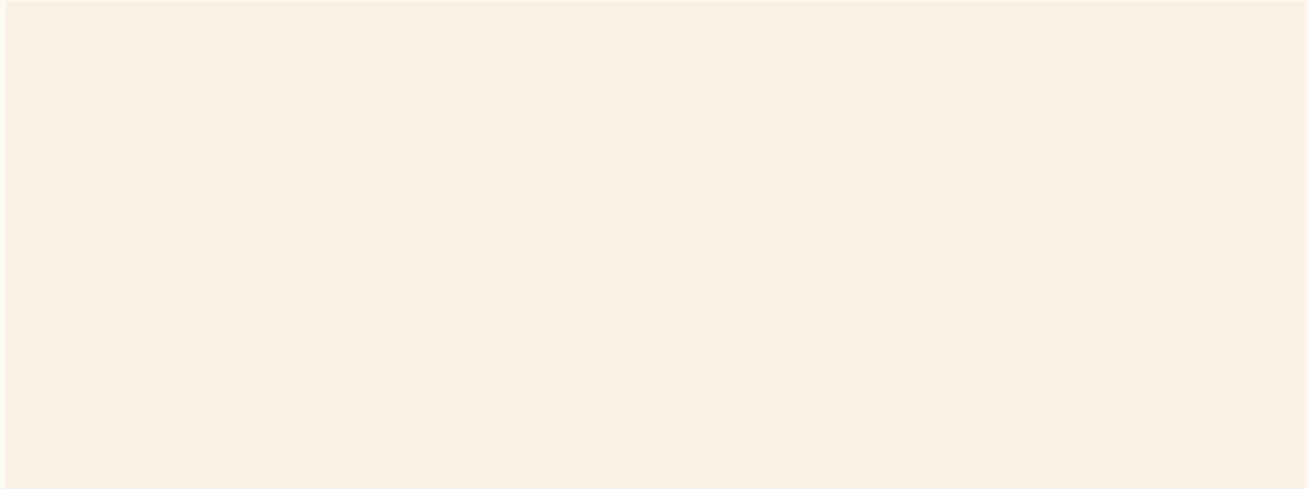


Think about the personal qualities or abilities you used to take action. Write down all the strengths that you employed and give specific examples of how you demonstrated them in your actions.

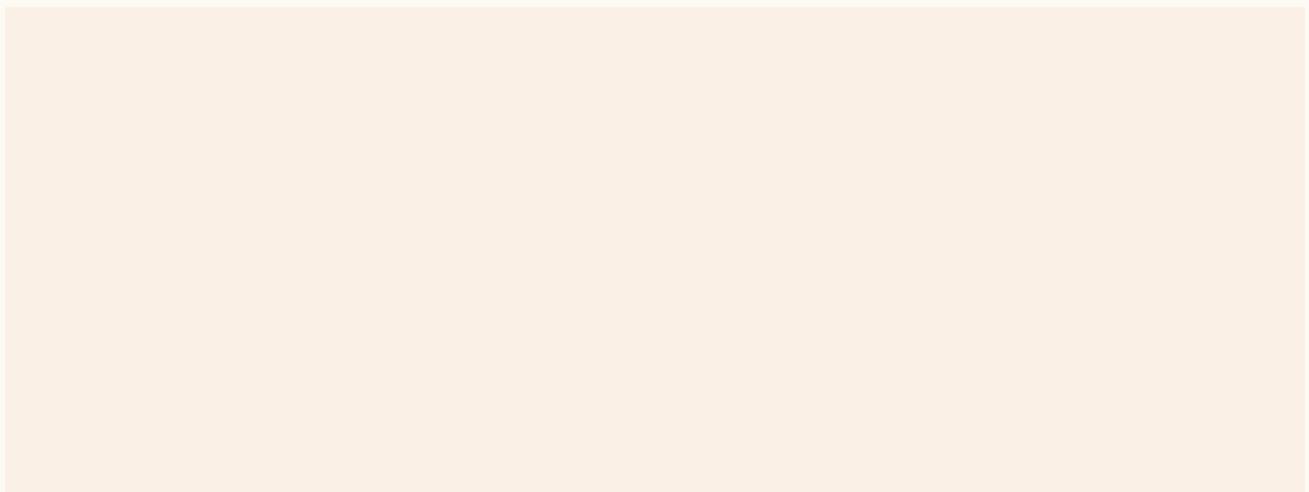


Question & Answer

Think about how that particular moment or event influenced the person you are today. Consider how it may have impacted your self-perception.



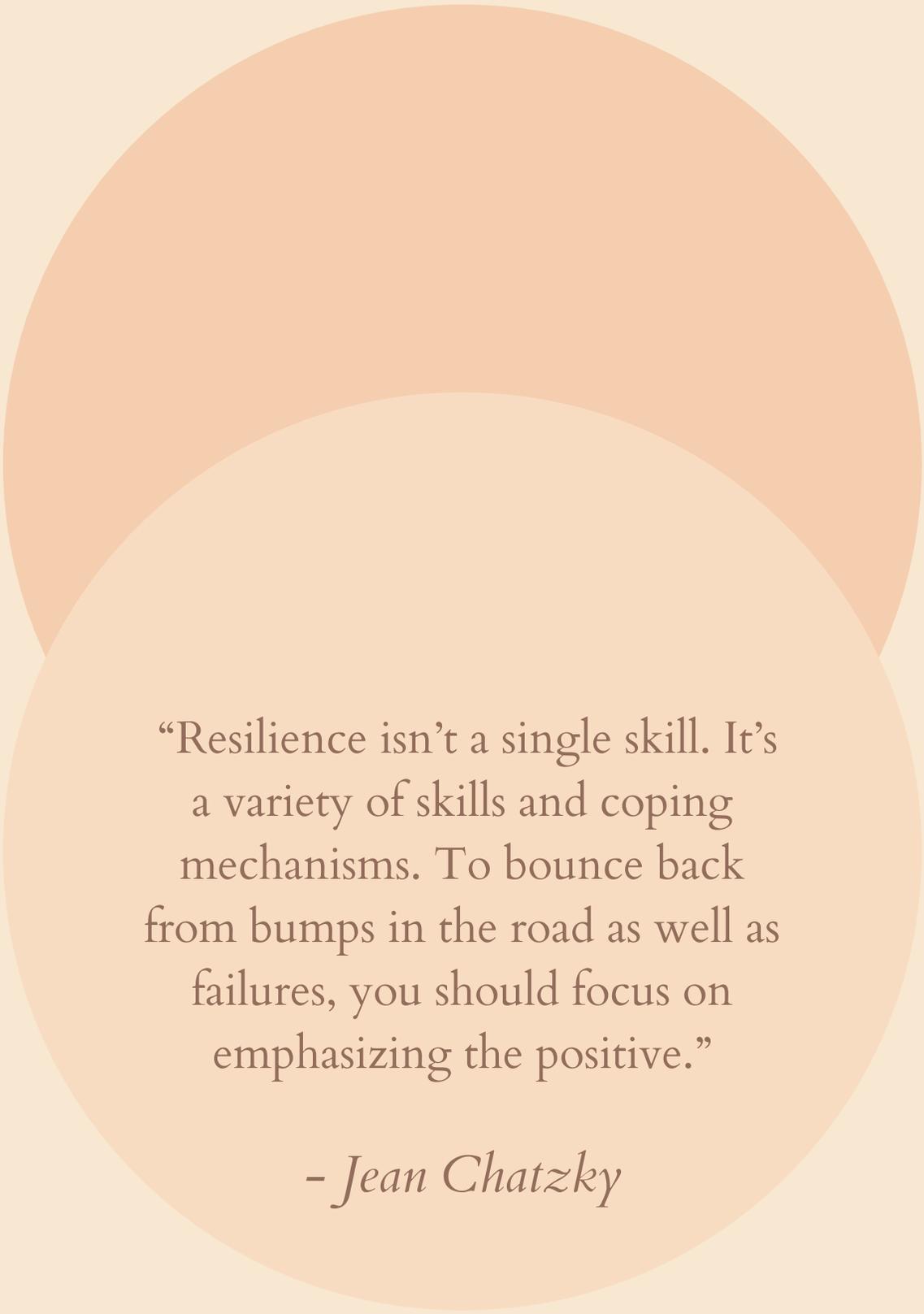
Think about the strengths you utilized in the crucial moment you identified earlier. Can you think of other crucial situations in your life when you relied on these same strengths? Describe these situations and explain how you utilized your strengths.



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“Resilience isn’t a single skill. It’s a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.”

- Jean Chatzky

Thank You

If there's one thing I've learned in this life it's that you can't waste your time hoping and praying that bad things don't happen. Sometimes bad things happen, that's a fact of life. You'd be better suited to invest your energy in building your inner resources and investing in the tools that will help you overcome the bad things when they do happen. The more you trust in your own resilience and strength, the less anxious you become about anything that might be thrown your way.





Get More Resources!

Check out my website: www.daliahalabi.com for more free tools and other workshops or courses you can sign up for.