

Twenty questions

Here's a list of possible questions to ask the person you are supporting, to find a time when they used their personal strengths. Ask the person to tell you a story of this time.

"Tell me a story...

- 1. about a day when you thought outside the box to solve a problem in a unique way?"*
- 2. about a time when your curiosity led you to discover something valuable or meaningful."*
- 3. about a situation where you carefully considered all perspectives before making an important decision?"*
- 4. when have you pursued knowledge or mastered a new skill that made a difference in your life?"*
- 5. when someone sought your advice, and your perspective helped them see things differently."*
- 6. of a time where you stood up for what you believed in, even though it was difficult?"*
- 7. of a challenge you faced where you persisted and eventually succeeded despite obstacles."*
- 8. when you found yourself in a situation where being honest made a significant impact?"*
- 9. when your enthusiasm and energy inspired those around you?"*
- 10. when you showed deep care and connection to someone in your life."*
- 11. of a situation where your kindness made a lasting difference in someone's life."*
- 12. when your awareness of others' emotions helped improve a situation?"*
- 13. when you worked well with others to achieve a common goal."*
- 14. about a situation where you ensured everyone was treated fairly?"*
- 15. when you took charge and guided others through a challenging time."*
- 16. of a time when you forgave someone, and it helped you move forward?"*
- 17. of a situation where you let your actions speak louder than words."*
- 18. when careful planning and caution helped you avoid a mistake?"*
- 19. when you expressed genuine appreciation that had a meaningful impact on your relationships?"*
- 20. when you stayed hopeful and motivated despite facing uncertainty."*

Encourage the person to tell a full story, to explain the situation, to convey what they noticed, the actions they took, and what positive benefit they noticed. Ask them to reflect on what strengths they used to make this situation better and how other people perceived them.