# Three Good People

strengths-spotting exercise

Revive & Sustain
WELLNESS

People who know their strengths and use them every day tend to be happier, have better self-esteem, and are more likely to complete their goals. This exercise will help you enter the strength-spotting mindset.

## Think about a fictional character.

Name an inspiring character from a book, movie, or TV show: _____

List their strengths: _____

Describe how they use their strengths to overcome challenges, or in everyday life: _____

## Think about an inspiring person you know.

Name an inspiring person you know: _____

List their strengths: _____

Describe how they use their strengths to overcome challenges, or in everyday life: _____

Think about yourself.

**List your strengths:**

**Describe how you use your strengths in everyday life:**

**Describe how you have used your specific strengths to overcome a specific challenge:**