**What’s Your Story?**

We all have a story, moments that define us and make us who we are. Our story is not about all the great things we have done. I am sure that most of us have not done something miraculous like inventing the polio vaccine. Our lives are full of little successes and failures. Our lives are full are hope and inspiration as well as failures and depression. One thing is for sure, your story in unique and is worth telling.

**Let’s start writing your story.**

**Day 1 –** Simply draw a line on a piece of paper. Pick a time in your life. It can be your entire life or just part of it. It can be as short as a few months or weeks. It is your story.

Above the line write all your successes. They do not have to be huge, front page headline, successes just your success. Below the line write your failures or low points. Be honest do not keep things out. You may not use them to write your story, but you may find that are a big part of it.

**Day 2 – What are your strengths?**

Go through the list and circle your strengths. Be honest. \* This list comes from the book **You’re Already Amazing**.

Adventurous Fair Organized

Athletic Flexible Positive

Brave Forgiving Protective

Calm Friendly Reflective

Capable Frugal Reliable

Caring Funny Resilient

Cheerful Gentle Resourceful

Considerate Gracious Responsible

Courageous Hardworking Sensitive

Creative Helpful Servant-hearted

Dedicated Honest Spontaneous

Determined Hospitable Supportive

Devoted Imaginative Talented

Easygoing Intelligent Thoughtful

Efficient Kind Trustworthy

Encouraging Loving Warm

Energetic Loyal Wise

 Mature

You can add more if you need to.

Now read this list to someone else and ask them what they feel your strengths are. I read mine to my Veteran.

Look at your list and really let it sink in. See all the things you are good at.

**Day 3 – Determining your weaknesses**

We all have weaknesses, even Superman had one. Our weaknesses are what keeps us in balance. They are not faults. They are tools that make up our lives.

Write down some of your weaknesses, be careful not to beat yourself up.

Here is an interesting little fact. When we are physically or emotionally tired or physically or emotionally hungry (HANGRY) we tend to do the opposite of our strengths.

 Here are some of mine for an example.

* Caring becomes resentment
* Devoted becomes self-centered
* Encouraging becomes demeaning
* Helpful becomes needy
* Kind becomes hurtful

Do you see the pattern? That is why taking care of yourself is important. You can only use your strengths to their fullest potential is you are rested and full.

**Day 4 – What are your skills?**

We all have skills, and no skill is better than the other. Some people are great cooks and others great CEOs. The CEO has to eat somewhere, and they are not going to go eat at a place where the food is not geed. All our skills are important.

Take a few minutes to write down your skills. Here are suggestions if you need help. \*This list comes from the book **You’re Already Amazing.**

 Acting Decorating Preserving

 Adapting Empathizing Persuading

 Administering Encouraging Planning

 Advising Evaluating Prioritizing

 Analyzing Expressing Problem-solving

 Appreciating Growing Protecting

 Assembling Guiding Relating

 Believing Helping Responding

 Building Imagining Risk Taking

 Challenging Influencing Serving

 Cleaning Initiating Sharing

 Collaborating Leading Speaking

 Cooking Listening Supporting

 Communicating Maintaining Teaching

 Connecting Managing Training

 Constructing Motivating Writing

 Coordinating Negotiating

 Counseling Nurturing

 Creating Organizing

You are a talented bunch.

**Day 5 – Putting your strengths and skills together.**

Your strengths are “Who You Are”. Your skills are “What you Do”.

For example.

**Who I Am What I Do**

I am encouraging. I write, I express, I motivate, I speak

Basically, it is what do I do (my skill) to express who I am.

It’s your turn. Really think about what you do that shows or reflects who you are.

See, there is negativity in this. You are good at so many things and you show it. As long as you aren’t tired or HANGRY.