



BUILD A PERSON

INSTRUCTIONS

- ✓ Split into groups of five or less
- ✓ Each member should choose one strength that best represents them
- ✓ Write down all five of the strengths and create a new person, you should also name this "person"
- ✓ Discuss how this person could be successful

ANSWER THESE QUESTIONS

1. What would this person 'look' like? How would they use their strengths in.... (Classes, sports, careers, teams, etc.)?

2. Who is this person (i.e. roles)? What do they do well? What do they struggle with?

3. How would this change if the person was now your..... (Coworker, professor, peer, boss)?

4. If one of their strengths was different how would this change the person (i.e. if Empathy was changed to Strategic)?

