

Strength Spotting Cards

Hayes, L., & Ciarrochi, J. (2015). The thriving adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Young People Manage Emotions, Achieve Goals, and Build Positive Relationships. Oakland, CA: Context Press.

Instructions:

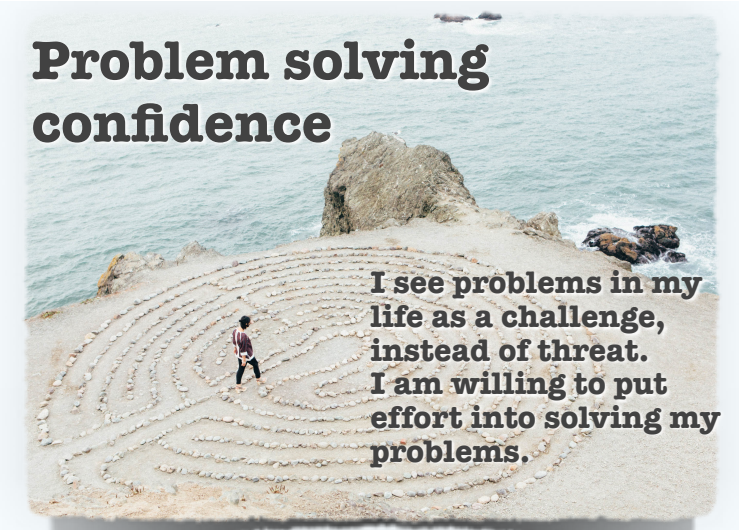
Give young people the cards and ask them to sort the cards into three piles: their top five strengths, their next ten, and all the others. As with all verbal activities, the words on these cards should be held lightly. They are meant to be used as tools for helping young people develop and grow. If young people have strengths that aren't on the cards, those can be written on blank cards. Once they've sorted the cards, explore some of the following questions:

- In what way does each personal strength link to their values or sense of vitality?
- How do their strengths help them engage in valued activities?
- What would they like to do with their strengths—now and in the future?

For more instructions on use see: Hayes, L., & Ciarrochi, J. (2015). The thriving adolescent. or www.thrivingadolescent.com

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Problem solving confidence

A photograph of a person walking through a large, circular stone labyrinth built on a sandy beach. The labyrinth is composed of many concentric, winding paths of light-colored stones. The person, wearing a red and white striped shirt and dark pants, is positioned in the lower-left quadrant of the labyrinth. In the background, there is a large, dark rock formation and the ocean with waves crashing against the shore. The sky is overcast.

**I see problems in my
life as a challenge,
instead of threat.
I am willing to put
effort into solving my
problems.**

Flexible thinking

The image features several wooden letters (Y, O, U) and a fishing hook. The letter 'Y' is on the left, 'O' is in the center, and 'U' is on the right. A fishing hook is attached to the top of the 'Y' and the 'O'. Another fishing hook is on the right, with a small wooden piece attached to its eye. The background is white.

**I see that my thoughts are
not always true beliefs. I
can unhook from my
thoughts when they are
unhelpful**

Flexible self view

I see that I am more
than my thoughts,
feelings. I hold these
inner experiences the
way a sky holds
weather.

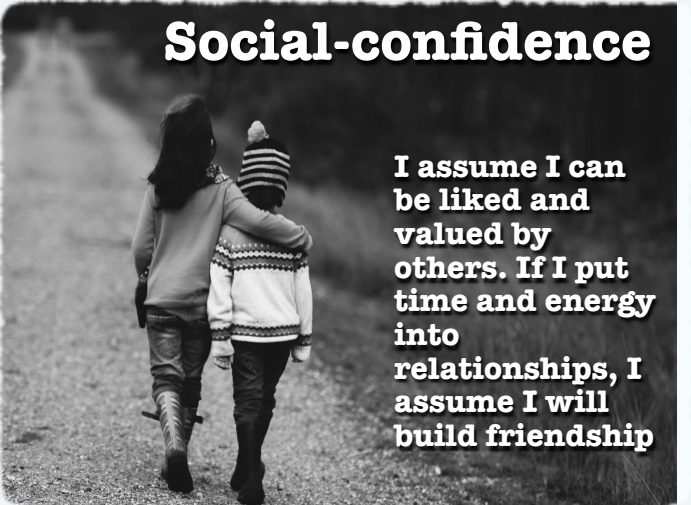


Growing self

**I see myself as capable of changing
and improving.**



Social-confidence

A black and white photograph of two children walking away from the camera on a dirt path. The child on the left is taller, wearing a light-colored long-sleeved shirt and jeans. The child on the right is shorter, wearing a striped beanie, a patterned sweater, and dark pants. They are walking towards a bright, hazy horizon. The text is overlaid on the right side of the image.

**I assume I can
be liked and
valued by
others. If I put
time and energy
into
relationships, I
assume I will
build friendship**

Workability focus

A group of diverse hands giving thumbs up, symbolizing approval or success. The hands are of various skin tones and are wearing different bracelets. The background is a light, neutral color.

**I focus on doing what
works—acting in a way
that makes my life
better**

Noticer pause

When something makes me feel strong emotions or urges, I practice mindfully pausing before reacting



Respect

I am able to look up to others who have knowledge, wisdom or advice.



Capacity for love

A young boy in a green sweater is petting a light-colored dog on the head. A young girl in a grey sweater is hugging the dog from the side. They are all sitting at a dark, reflective table. The background is a bright, out-of-focus indoor space.

**I can express and
receive love**

A close-up photograph of a woman with long, wavy brown hair and bangs, shown in profile from the nose up. She is looking down and slightly to the left, with her eyes closed, as if smelling a flower. To her left is a large, multi-petaled flower with a gradient of colors from light pink to pale yellow. The background is a soft, out-of-focus green, suggesting an outdoor garden setting. The overall mood is peaceful and contemplative.

Appreciating beauty

**I appreciate art, music, painting, dance,
or other expressions of beauty**



Self-kindness

**When I don't live up to
my expectations, I'm
able to forgive myself
and recommit to my
goals**

Capacity for friendship

I can be a good friend to others





Curiosity

I find the world a very interesting
place and like to be involved in new
things



Being fair

**I admit when I'm wrong
and try to treat all
people equally**

Forgiving

A young man with brown hair, wearing a grey jacket, is hugging a friend from behind. The friend is wearing a blue denim jacket and a red and black plaid shirt. They are in an outdoor courtyard with a stone wall and some greenery in the background. Several bicycles are parked in the foreground.

I don't try to get even.
I accept that my
friends and loved ones
will be imperfect.

A close-up, low-angle shot of several rowers in a team boat, viewed from the side. They are wearing dark red and yellow athletic gear. Their arms are extended forward, gripping the green handles of their oars. The oars are black with white and blue stripes. The background is a bright, slightly blurred body of water under a clear sky. The image has a white border.

Teamwork

I am good at working with a group

Hope



**I believe I can achieve
my goals**

Being grateful



I express gratitude and I'm thankful

Inner Balance



Difficult thoughts and feelings don't push me around. I can have self-doubt and fear and still work toward success

Honesty

A young boy with dark, wavy hair, wearing a grey knit beanie and large black-rimmed glasses, is smiling broadly at the camera. He is wearing a yellow and white striped shirt. His arms are extended forward, with his hands open, palms facing the viewer. The background is a light green wall with a white grid pattern.

I tell people what I care about, keep promises, and don't lie

Creativity

**I like to come up
with new ideas
and new ways of
doing things**



Careful judgment

A young boy with brown hair, wearing a red and blue plaid shirt over a white t-shirt, is focused on a chess game. He is leaning over a wooden chessboard, which is set up on a table. His hands are positioned over the black pieces. In the background, a man with dark hair, wearing a white shirt, is partially visible, looking on. The setting appears to be a library or a room with bookshelves filled with books. The lighting is warm and indoor.

**I think
things
through and
make
decisions
after I have
all the facts**



Leadership

I'm able to take charge and help a group work well together

A photograph of three young adults (two men and one woman) lying down and smiling broadly while holding a white smartphone to take a selfie. The image has a white border and a slightly distressed, torn-edge texture. The text is overlaid on the image in a bold, white, serif font with a black drop shadow.

Kindness

**I help friends, go out of my way to
cheer others up, and love to make
others happy**



Humor

**I use humor to brighten
others' day.
I try to add humor to
whatever I do.**

Willingness



**I choose to do what I care about
even when I have difficult feelings,
such as sadness, anger, insecurity,
or low motivation**

Social intelligence

A photograph of two young boys sitting on a rocky shore, looking out at the ocean. The boy on the right is wearing a green t-shirt and has his arm around the boy on the left, who is wearing a grey long-sleeved shirt. They are both looking out at the water, which is slightly blurred in the background. The sky is overcast and grey.

**I can fit into different situations,
and I'm good at sensing what
others are feeling**

Love of learning

I love to learn and grow



Persistence



**I keep doing what I
think is important even
when things get difficult
or I fail**

Humility

A photograph of three women from the Suri and Mursi tribes in Ethiopia. They are smiling and looking towards the camera. The woman on the left has white and red face paint around her eyes and mouth, and wears multiple necklaces of red, white, and blue beads. The woman in the middle has white face paint around her eyes and mouth, and wears a necklace of red beads. The woman on the right has white dots painted all over her face and wears a necklace of yellow beads. They are all wearing red flowers in their hair.

I don't act as if I'm special, don't brag, and am humble about good things that have happened to me

Enthusiasm

A woman with short red hair is sitting on a dark floor, wearing a green tank top and purple pants. She is smiling and has her arms raised high in the air, holding her fists. In front of her is a silver laptop. The background is black.

**I love what I do and
can't wait to get started
on projects**

A close-up photograph of a person's lower legs and feet. They are wearing sneakers with a red, white, and blue American flag pattern. The person is standing on a gravel path with some small green plants. The background is a blurred green field.

Carefulness

**I avoid
unnecessary
risks and think
before I speak**

A close-up photograph of a young boy with brown hair and blue eyes, smiling gently. A screech owl is perched on his right shoulder, looking directly at the camera with its large yellow eyes. The background is a soft-focus green, suggesting an outdoor setting. The image has a slightly distressed or torn-edge border.

Wisdom

**I don't lose sight of what's really
important in life**

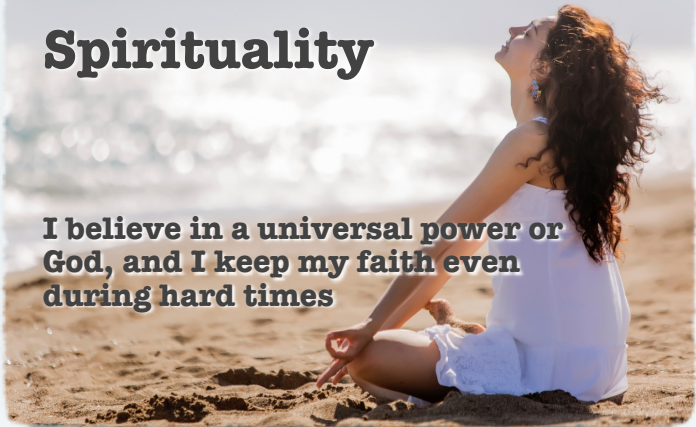


Self-control

I'm highly disciplined and able to stick to my goals despite temptations to abandon them

Spirituality

**I believe in a universal power or
God, and I keep my faith even
during hard times**



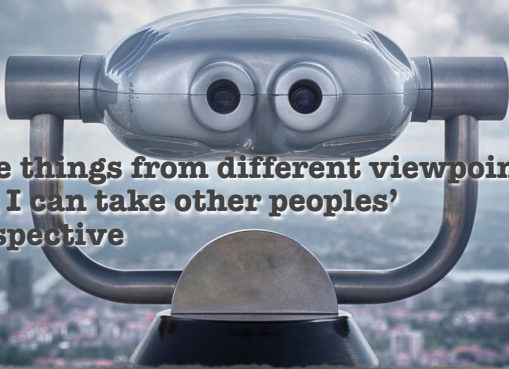
Courage



I'm able to do what
I think is
important, even
when I feel fear,
uncertainty, or
intimidation

Perspective taking

**I see things from different viewpoints,
and I can take other peoples'
perspective**

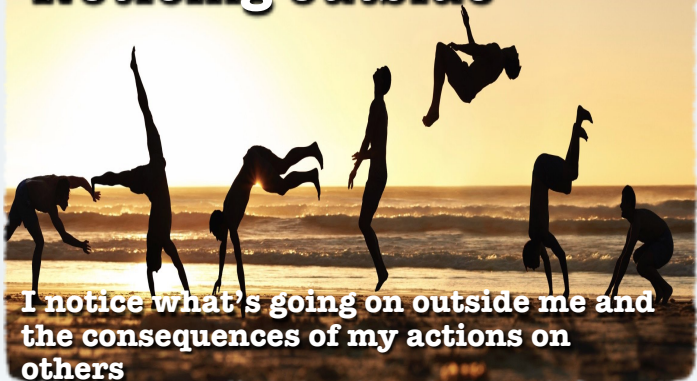


Discovery



I love to try new things and explore possibilities

Noticing outside



I notice what's going on outside me and the consequences of my actions on others

A close-up photograph of a man with long, wavy, light brown hair and a beard. He is looking directly into the camera lens, with his face slightly tilted. His expression is neutral. He is wearing a dark grey t-shirt. The background is dark and out of focus, showing some indistinct shapes. The image has a slightly grainy, artistic quality.

Noticing inside

I'm usually aware of what I'm
feeling and thinking