

Greetings:

Is this workshop for you?

- Do you feel unfulfilled in your work, ministry or even family roles?
- Do you feel overwhelmed by unrealistic demands and expectations?
- Do you ever ask yourself “what am I here for?”
- Do you wonder if there is more to life than this?
- Do you wish you could know, and communicate your life callings?

If you answered “Yes” to any of the above, then this workshop could be for you.

Extensive research indicates that those who know their strengths and focus their roles around their strengths are more fulfilled and enjoy a greater quality of life. Based on John 10:10, this is the abundant life that Jesus came to give you.

The Strengths Workshop has two simple objectives. It is designed to:

- Help you discover your God-given strengths and
- Provide you with a process to help you prioritize your life roles and fulfill your life callings

This workshop is Biblically based and builds on the science of Strengths Psychology. We will also leverage the results you will get from the world-renowned Clifton StrengthsFinder2.0 talent discovery tool and related resources.

The content of the workshop is illustrated by the attached topical framework. It is designed to be

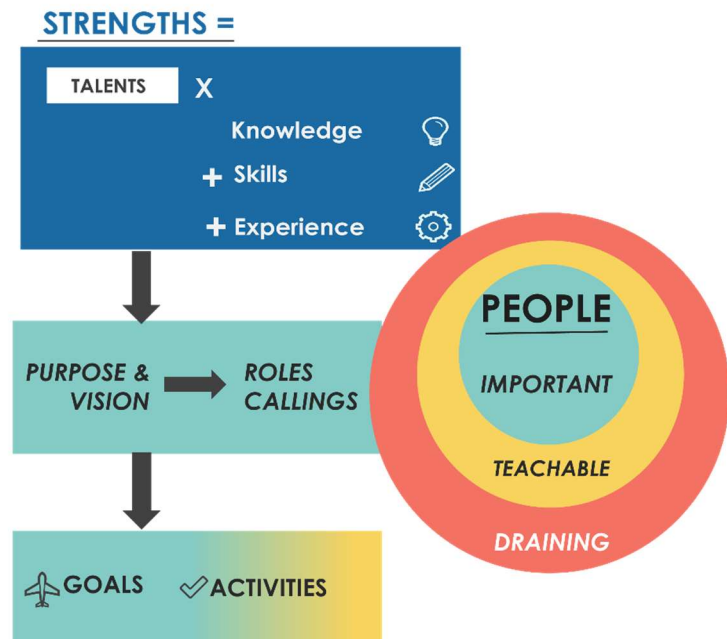
participatory. It includes several segments that will be tailored to your group needs. Each segment will include thoughts, tips and stories as well as application-oriented exercise.

Your preparation is mandatory and will take you at least 2 hours. The benefits you will gain are directly related to how you invest in your preparation. The level of your preparation will also impact the value others will gain from your experience. **PLEASE:**

- Complete the following 5 discovery exercises as your homework which you will use in the workshop. **YOU MUST bring your completed homework to the workshop.**
- Pray for yourself and others who will participate in the workshop with you.
- Pray for us that God will help us identify and relate to your specific needs.

Yours in Christ’s service,

*Baha and Margie Habashy*



## 1. Discover Your Strengths

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Even if you think you know your strengths it is important to be affirmed and to give yourself a language by which you can describe and communicate your strengths. This is the role of the Clifton StrengthsFinder assessment. Created by Dr. Don Clifton and the scientists at the Gallup organization this world-renowned tool is used by 90% of the Fortune 500 companies as well as leading universities and churches around the world. It is available in 23 languages. For a fee of about \$20.00US, this online assessment will provide you with your top 5 strengths themes. Later in the workshop, we will tell you more about this tool. For now:

1. Go to <https://store.gallup.com/c/en-ca/assessments> and purchase a code that allows you to take the assessment. You may choose the 34 themes or ONLY the top 5 themes report at a much lower cost. If you need help contact the Gallup Support line at 1-888-561-5270 or see [www.gallup.com/214019/contact.aspx](http://www.gallup.com/214019/contact.aspx).
2. After you complete your purchase Gallup will email you your access code.
3. Go to <https://www.gallupstrengthscenter.com/register/en-us/index> to redeem your code and take the assessment.
4. Go to <https://www.gallupstrengthscenter.com/sign-in/en-us/index> and sign in.
5. Examine the different reports and tools provided.
6. Print your Strengths Insights reports.

### ***Strengths in Your Own Words***

**Please read this very carefully.** The following five-part exercise is very important. Each part may take you fifteen to thirty minutes. Try to space **the parts** out over several days. Your goal is to clearly describe your strengths in your own words. To help you do this:

- Refer to the Strengths Insights section of your StrengthsFinder2.0 report
- Highlight any adjectives, talents or terms that you feel describe you or are most applicable to you.
- These descriptions are not all-inclusive. If you think of other talents, attributes or adjectives that are important to you but are not included in your report, be sure to consider them.
- Once you have selected your most important attributes, talents, and adjectives list them and include them in simple statements that you can read to a friend. **Describe your strengths in your own words.** If it helps, start your statements with **“I am ...”**

How you see your strengths could be the most important skill you will learn from this workshop. Defining your strengths is a process. The more you apply it, the better you get at it. In the following templates describe each of your strengths themes in your own words. Try to use bullets or brief sentences that are easy to recall. **Picture yourself sharing your descriptions with a friend.** Occasionally, go back to this exercise to refine your statements.

### Strengths Theme 1, In Your Own Words

- List the adjectives, or terms you highlighted for this theme.
- In your own words describe your strengths using short sentences. It would be helpful to start each sentence with the word “I am...”

Strength-1	•
Adjectives that describe me	• I am

### Strengths Theme 2, In Your Own Words

- List the adjectives, or terms you highlighted for this theme.
- In your own words describe your strengths using short sentences. It would be helpful to start each sentence with the word “I am...”

Strength-2	•
Adjectives that describe me	• I am

### Strengths Theme 3, In Your Own Words

- Follow the instructions given in Exercise 2.
- In your own words describe your strengths using short sentences. It would be helpful to start each sentence with the word “I am...”

Strength-3	•
Adjectives that describe me	• I am

### Strengths Theme 4, In Your Own Words

- Follow the instructions given in Exercise 2.
- In your own words describe your strengths using short sentences. It would be helpful to start each sentence with the word “I am...”

Strength 4	•
Adjectives that describe me	• I am

### Strengths Theme 5 in Your Own Words

- Follow the instructions given in Exercise 2.
- In your own words describe your strengths using short sentences. It would be helpful to start each sentence with the word “I am...”

Strength-5	
Adjectives that describe me	<ul style="list-style-type: none"> <li>• I am</li> </ul>

### OPTIONAL: Your Strengths Summary

- Examine all your five descriptions. Note all the adjectives you wrote, list them in the adjectives column, and then use them to create your short strengths summary statement.

My Adjectives	My Strengths Summary Statement
Adjectives that describe me	<ul style="list-style-type: none"> <li>• I am</li> </ul>

## 2. Discover Your Best Roles?

Based on his many years as a key leader in the strengths Psychology movement, Marcus Buckingham in partnership with Harvard Press developed the Standout Assessment. This assessment seeks to leverage your strengths by defining two general roles or role categories where you may be able to make the most impact.

For a short time, it is offered for free. At <https://www.marcusbuckingham.com/> you can register and do this assessment. From the reports, it will provide you:

1. Describe each role In your own words
2. Explain how you are likely to have the greatest impact by playing this role.

<b>First Role</b>	
<b>In your own words, how do you describe this role</b>	
<ul style="list-style-type: none"> <li>•</li> </ul>	
<b>How and where will this role help you have the greatest impact</b>	
<b>Second Role</b>	
<b>In your own words, how do you describe this role</b>	
<b>How and where will this role help you have the greatest impact</b>	



#### 4. Discover Your Spiritual Gifts (Optional)

The theme of Spiritual Gifts has some strong biblical foundations. While they are interpreted in many ways, it is helpful that you define them in your own words. There are many tools to help you with this discovery. Please take the survey at <http://www.spiritualgiftstest.com/>. Below, in order of priority, briefly describe your top three spiritual gifts in your own words. **Picture yourself sharing this with a friend.**

Spiritual Gift	Your Description
1.	
2.	
3.	

#### 5. Discover Your Love Language (Optional)

We all need to be affirmed and encouraged in our unique way. One of the best resources on this subject is *The Five Love Languages*. Please take a short survey at <http://www.5lovelanguages.com/> and then enter your Love Language scores in the table below.

• Acts of Service		• Physical Touch		• Quality Time	
• Receiving Gifts		• Words of Affirmation			

**Choose your favorite love language and describe it in your own words.**