

The Strengths You Take for Granted

Recognizing the Gifts You Already Have

Encouragementology®
the practice of instilling hope

DAY 1: What Comes Naturally

What abilities or qualities come so naturally to you that you may have overlooked their value?

- What do you do easily that others sometimes find difficult?
- What strengths have been part of you since childhood?
- What have you dismissed as “no big deal” because it feels effortless?

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DAY 2: Follow the Evidence

What can your everyday experiences reveal about the strengths you already possess?

- What do people consistently come to you for?
- When have you made a positive difference without realizing it?
- What compliments have you received but struggled to accept?

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DAY 3: When Strengths Become Expectations

How might your natural strengths influence what you expect from yourself and others?

- When have you assumed something easy for you should be easy for someone else?
- Whose different approach have you struggled to understand?
- How could recognizing their strengths change your perspective?

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DAY 4: Giving Your Gifts Purpose

How can you become more intentional about using your strengths in ways that bring meaning and fulfillment?

- Which strengths bring you the greatest sense of purpose?
- Where could you put one of those strengths to better use?
- When might using less of a strength create room for someone else?

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DAY 5: Beyond What You Do Well

How can you appreciate your strengths without allowing them to define your worth or become obligations?

- What responsibilities have you accepted simply because you are capable?
- Which strengths energize you, and which ones leave you feeling depleted?
- What could you release to make more room for what matters to you?

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REFLECTION

After exploring your natural strengths and the gifts others bring, how has your understanding of what makes you valuable begun to change?

- What strength are you ready to recognize and appreciate?
- How can you offer more grace to someone whose strengths differ from yours?
- What is one intentional way you will honor your gifts moving forward?

