

1.2 MIND Strengths Worksheet

Name: _____

SOUL Center: _____

Date: _____

DIRECTIONS:

Think of ways in which you are great at the four MIND Strengths. For each strength, try to note two times you remember doing something that showed that strength. You can express your ideas by writing them down or drawing them.

MIND Strengths	Examples where you showed the strength
Material	
Interconnected	
Narrative	
Dynamic	



1B

Introduction

