## STRENGTHS BUILDING BLOCKS LISTS

Specific Specific Knowledge **Skills** Experiences **Talents** Strengths Select a specific List "step by step" List knowledge that List practical List current strengths talent – something processes that you you have acquired applications and where you have taken that comes natural have acquired conceptual, factual activities where you your specific talent and to you related to the and experiential have applied this consistently do it well specific talent you for this specific specific talent listed talent

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