ADDSOR

My Strengths Preparation

The Real Me

A quick 5 minute preparation before class

You are not preparing perfect answers. You are simply noticing the strengths that are already part of you.

Your preparation

Keep it short. Spend about five minutes. Think; do not create a speech.

Use keywords. Write only a few words that help you remember your ideas.

No translator. Use the English you already have. Simple and honest is perfect.

Do not memorize. In class, you will speak naturally and build your ideas with the group.

Choose your comfort level. Your example can be small and everyday. You never have to share something deeply personal.

Bring one small object

Bring an ordinary object that reminds you of something you learned, improved, or overcame.

Do not prepare an explanation. Just bring the object and let it help you remember the moment.

Think in three directions

Choose one or two keywords for each idea. You may leave any part blank and think about it during class.

Something I do well

Think about work, home, people, learning, creativity, or everyday life.

My keywords: _____

◉ A quality others see in me

What do friends, relatives, coworkers, or classmates often notice about you?

My keywords: _____

♣ Something I have overcome

Choose a fear, difficulty, habit, or skill that became easier with time.

My keywords: _____

Words you may need

♥ Inner strengths	●● With people	▲ In action
brave *valiente*	**kind** *amable*	**determined** *decidido/a*
calm *tranquilo/a*	**patient** *paciente*	**creative** *creativo/a*
confident *seguro/a*	**supportive** *que apoya*	**organized** *organizado/a*
positive *positivo/a*	**reliable** *confiable*	**responsible** *responsable*
resilient *resiliente*	**a good listener** *sabe escuchar*	**adaptable** *se adapta*

You do not need to study every word. Circle or highlight only the words that feel useful to you.

Useful sentence starters

These are tools, not a script. Choose the ones that help you express your real ideas.

- **I'm good at…** *I'm good at solving problems.*
- **One of my strengths is…** *One of my strengths is patience.*
- **People say I'm…** *People say I'm reliable.*
- **I used to…, but now…** *I used to avoid speaking, but now I try.*
- **I have overcome…** *I have overcome my fear of driving.*
- **That experience made me…** *That experience made me more confident.*

A natural example

> *"I'm good at helping people feel comfortable. People say I'm patient and reliable. I used to feel afraid of driving, but I practiced little by little. Now this key reminds me that I can do difficult things."*

Notice: the example sounds natural because it is personal. It is not perfect, long, or memorized.

Before you join the class

- ✓ I chose a small object to bring.
- ✓ I thought of a few keywords, not a complete speech.
- ✓ I selected one or two useful strength words.
- ✓ I am ready to listen carefully and encourage my classmates.
- ✓ I will speak naturally, even if I make mistakes.

Sometimes other people see our strength before we see it ourselves.

Come ready to discover what you see in yourself and what others may already see in you.