Activity: Picture of Excellence

Purpose
The purpose of this session is to get students to start thinking about what people do well in order to see how people use their strengths to be effective or successful. Then, they will think about their own talents. This will help start the discussion of talent for the students before they take StrengthsFinder.

Materials
- Poster board or paper that can be put on the wall

Directions
- Divide students into groups of three or four.
- On their Picture of Excellence worksheet have each student identify an individual who they think is very effective or successful.
- Than have the students list two or three characteristics of that person that will help them to be successful.
- On paper or a board, have a recorder from each group list the group of characteristics that were identified.
- Have each group report back to the larger group.
- Have the students go back into their small group, and have each student complete the “When You Are at Your Best” section of the worksheet. They can use the combined list that was created by the group for ideas.
- Have them share those things with their small group.
Picture of Excellence

Name a very effective or very successful individual: __________________________________________

Characteristics of that person that I admire: ____________________________________________

__________________________________________________________________________________

When You Are at Your Best

A time when I was at my best was _____________________________________________________

__________________________________________________________________________________

The best thing about me is ___________________________________________________________

__________________________________________________________________________________

What I enjoy doing the most is ________________________________________________________

__________________________________________________________________________________

The best time in my life was _________________________________________________________

__________________________________________________________________________________

I earn my best grades when I _________________________________________________________

__________________________________________________________________________________

I enjoy learning about ________________________________________________________________

__________________________________________________________________________________

The best job or project I’ve ever had was ______________________________________________

__________________________________________________________________________________

Things I like best about myself are ___________________________________________________

__________________________________________________________________________________