

STRENGTHS CURIOSITY INTERVIEW

Part 1: Pair up with a partner. Take turns interviewing one another with the following prompts:

1. Since childhood, what have you always loved doing?
2. Tomorrow, if you could spend time on anything you wanted, what would it be?
3. What was a peak experience when you felt that you were at your best or most engaged?

Write down any qualities, values, or talents you notice in your partner's answers.

Share your reflections with your partner.

Part 2: Now, reflect on your own:

1. What was affirmed?
2. What surprised you?
3. How did it feel?
4. What did you learn about yourself in this activity?

After reviewing your Signature Themes report, how/where do your strengths align with these experiences?