

What do you love?

PAPER

Do you know yourself well enough to know what you love?

Directions:

1. Watch this short clip: [Let's be 11 again](#)
2. Think about the following question: when was the last time a day flew by? What were you doing?
3. Write the things you love most in the hexagons below.



UNDERSTANDING MY STRENGTHS

PAPER

Directions: Notice how much of what you love to do oftentimes connect to things you are naturally good at? Let's explore your strengths.

1. Watch the "[How to Find Your Strengths](#)" video to learn more about the importance of your strengths.
2. Then, learn why it's important to invest in your strengths with the short clip "[Invest in your strengths](#)".
3. Get someone else's perspective by interviewing a family member or close friend. Ask them what they think you are really good at.
4. Work with a Paper tutor during a Live Help session to complete the graphic organizer while thinking through your strengths ([click here for instructions on how to use Live Help](#)).

1

List 3 things you are naturally good at (these make you feel strong & give you energy)

2

What knowledge of expertise do you feel you have? (what's something you feel you can teach someone how to do?)

4

Which personal characteristics are you most proud of?

3

Think about what you have done in the last week. Do you feel like you are spending more time in your areas of strengths or weaknesses?

4

Reflect: How can greater self-awareness of your strengths influence the decisions you make about the future? Write 1-3 paragraphs with your response and submit it to a Paper tutor to review using Essay Review ([click here for instructions on how to use Essay Review](#))

