

Video 5 - Use Your Strengths

Discussion Questions

1 - Socrates said, “Know thyself.” What does that mean? Why is it important to know what our strengths are?

2 - Why is it important to know what our weaknesses are?

3 - (Pair and Share) - Tell the person next to you about a time that knowing your strengths helped you or tell them about a time when not knowing your weaknesses hurt you.



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