



## Activity 1: Identify Strengths

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**Observe:** Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

**Top Strengths**

↑	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Behavioral Statement</div> <div style="border: 1px solid black; padding: 5px;">Trauma-Informed Care Principle</div>			
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## Questions to Explore

**Evaluate:**

1. As you review your top statements, what resonated most? What surprised you?

2. Are these strengths new for you or behaviors you've been practicing for a while? Explain.

3. How have these strengths served you? How have they served your organization/program?

**Evaluate (continued):**

4. Which of the 6 Guiding Principles were most represented in your cards? Does this make sense to you? Explain.

**Respond:**

5. What is one action you can take to practice these behaviors more frequently or well?

6. Who can you ask for help and support?