

Going Further Resources

Use these recommended resources to become even more intentional about Strengths@Home.



FREE Audio:

The Strengths@Home audio presentation featuring Dr. John Trent and Rodney Cox can help you apply your unique strengths in the context of marriage and family life.

- FREE CDs at the HomePointe Center (while supplies last)
- FREE podcast for download at homepointe.org



Marriage & Parenting Insights Profile:

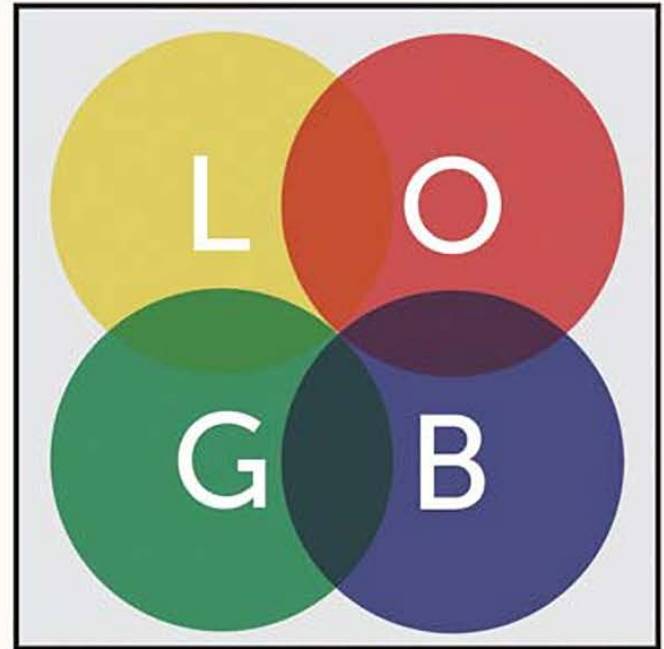
Spend 20 minutes online to receive a 24-page profile explaining how your strengths influence marriage and parenting relationships. Go to ministryinsights.com and click on the "Marriages" tab to locate the two-pack for couples or click on the "Families" tab for parents and teens. (Enter "StrongFamilies" in the coupon box at check-out to receive a 25% discount.)



Strong Families Class 100

This DVD-driven small group series features Dr. John Trent and others unpacking the power of personality strengths as well as topics such as Giving The Blessing and Passing Faith@Home. For more information, visit strongfamilies.com

STRENGTHS@HOME



Giving Your Best Where it Matters Most

Each person has unique, God-given strengths. This guide can help you take steps toward leveraging those strengths to build a God-honoring marriage and thriving family.

Your Strengths Assessment

This quick assessment is designed to give you a general idea of which strengths category best describes you. Circle the words in each box that strongly resemble your personality bent.



Takes Charge
Determined
Assertive
Firm
Enterprising
Competitive
Enjoys challenges

Bold
Purposeful
Adventurous
Leader
Goal-driven
Self-reliant
Decision maker

Number Circled _____



Takes risks
Visionary
Motivator
Energetic
Very verbal
Promoter
Avoids details

Fun-loving
Likes variety
Enjoys change
Creative
Optimistic
Mixes easily
Group-oriented

Number Circled _____



Loyal
Non-demanding
Even keel
Avoids conflict
Enjoys routine
Dislikes change
Deep relationships

Adaptable
Sympathetic
Thoughtful
Nurturing
Patient
Tolerant
Good listener

Number Circled _____



Deliberate
Controlled
Reserved
Predictable
Practical
Orderly
Factual

Discerning
Detailed
Analytical
Inquisitive
Precise
Persistent
Scheduled

Number Circled _____

Add up the number of words circled in each category and then read the strengths descriptions on the next page.

Visit ministryinsights.com for a much more accurate assessment that includes a 24-page personalized report. Enter "StrongFamilies" in the coupon box for a 25% discount.

Four Strength Categories

Each individual possesses unique traits and strengths, but most of us fall into one of four general personality bents. Consider the broad characteristics of each to determine whether you most resemble the Lion, Otter, Golden Retriever, or Beaver.



LION = "Let's Do it now!"

Lion personalities tend to be aggressive in their approach to leadership. Those who score high on this scale could be described as "Infielders" because they tend to move toward a problem to attack it, while those who score lower might be called "Outfielders" because they tend to take a step back to observe and analyze the situation.



OTTER = "Trust me! It'll work out!"

Otter personalities are energized by new people and situations. Those who score high on this scale could be described as a "Far-Sighted Visionary" because they tend to trust information on the surface and persuade others with words. Those who score low on this scale are more the "Near-Sighted Realist" who is more cautious and wants to analyze before taking action.



GOLDEN RETRIEVER = "Let's sit tight."

Golden Retrievers like predictable environments and need to know how changes will affect their lives and plans. Those who score high on this scale are often "Finishers" because they see a project through to completion. They may not start many things, but what they start gets done! They can also be described as "Loyal" because they value long-term relationships.



BEAVER = "Let's do it right!"

Beavers help us manage details, establish rules, follow procedures and make sure things are done with a sense of order. Those who score high on this scale tend to be adverse to risk and see process and rules as sources of protection. Those who score lower on the Beaver scale can be more impulsive risk takers and view rules as an obstacle rather than a friend.

Becoming A Strong Team

Opposites tend to attract. Families include various personalities. How can we leverage rather than resent differences? Start by asking these questions to head off predictable areas of conflict.

Problem Solving

- Do I know how my strengths help/hinder problem solving?
- Do I tend to go solo or invite partnership when facing challenges?

New Situations

- Do I invite the realist into the process or label him/her a pessimist?
- Do I value the visionary's initiative or label him/her reckless?

Managing Change

- Do I tend to view change as energizing or frightening?
- Do I like changes to happen quickly or try to avoid and delay?

Taking Risks

- If a risk-taker, do I value the insights of the realist?
- If a realist, do I value the energy of the risk-taker?

Nurturing Strong Faith

A primary "team goal" is to create an environment at home where faith is more easily nurtured. How might your combined strengths build a family culture that inspires and nurtures faith?

If you are a...

Lion

You might want to...

Cast a vision for family intentionality

Otter

Infuse spontaneity and fun into the process

Golden Retriever

Lead a discussion to include everyone

Beaver

Organize Faith@Home routines and activities

As the image reflects - God can merge your unique gifts to better reflect the grace and love of Christ.



A Strong Perspective

God placed every individual on your family "team" to help each of you reach your intended potential.

READ...

1 Corinthians 12:14-18 together aloud

INVITE...

the Lord into the process with this simple prayer...

Dear God:

We thank you for the unique gifts you've given us as a team. Help us to use those gifts to build a God-honoring marriage and family together. Amen

How You've Done

Grade how intentional you have been over the past 120 days when it comes to appreciating and leveraging strengths at home.

Understanding My Own God-given Strengths:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never

Affirming the Strengths God Gave My Spouse:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never

Affirming the Strengths God Gave My Children/Parents:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never

Viewing Our Differences as a Gift vs. an Annoyance:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never

Combining Strengths to Build a Great Marriage:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never

Using Our Strengths to Create a Faith-filled Home:

A	B	C	D	F
Always	Often	Sometimes	Rarely	Never