

# STRENGTHS-BASED APPROACH

*Any policies, practice methods, and strategies that identify and draw upon the strengths and capacities of individuals and communities.*

**ALLOW THEM TO DISCOVER SOLUTIONS**

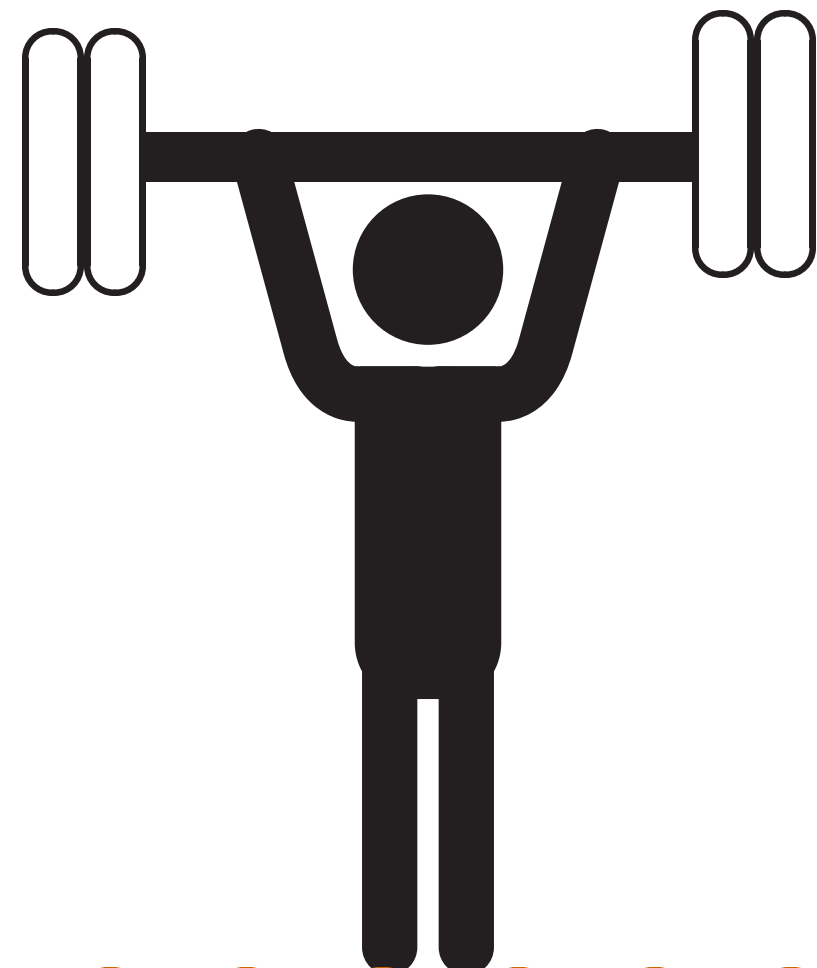


**LOOK FOR SIGNS OF HEALTH AND RESILIENCY**



**ENVISION A POSITIVE FUTURE**

**IDENTIFY AND BUILD ON STRENGTHS**



**ASK QUESTIONS TO SEE WHAT'S POSSIBLE**



**CONSIDER IMPACT OF BELIEFS ON THE PRESENT**

*Rather than focusing on shortcomings and failures, applying a strengths-based approach improves self-awareness and develops confidence.*

**KEEP THE BEST PARTS OF THE PAST**

