Working in areas of your talents is a natural and easy thing to do. Much like handedness, talents are automatic, enduring and long prevailing. By recognizing that talents are second nature, students can then look for ways to recognize and practice them.

**ACTIVITY INSTRUCTIONS**

1. **Step One**
   - **Distribute Handout:** Pass out handwriting worksheet and explain to students that they should wait to start until told to begin.

2. **Step Two**
   - **Handwriting:** Have students write their name three times. Then ask them to write their names three times with their other hand and ask them the following questions.

3. **Step Three**
   - **Follow up Questions:**
     - What did it feel like writing using your dominant hand?
     - What about with your non-dominant hand?
     - If your professor or boss asked you to write a 15 page paper/report by hand, would you write it with your dominant or non-dominant hand?

**RELATED LEARNING OUTCOMES**

- Understand the concept of strengths
- Recognize that focusing on their strengths leads to superior performance when compared to focusing on weaknesses

**CONCLUSION**

Writing with your dominant hand is natural and easy, much like using your top five talent themes. Addressing weaknesses has value, but students will be far more successful if they focus instead on developing their strengths.

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STRENGTHSQUEST

WRITING CHALLENGE

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________