

FIND A QUOTE

everybody loves a quote

People love quotes, we like to use QUOTE a lot of them.

Quote a lot... geddit?

Sorry that was a terrible joke.



People like quotes because they are an eloquent and often beautiful way to perfectly encapsulate how you think and feel about something.

We like them because they help us remember what we have learned about ourselves and our STRENGTHS.

your mission

Step 1: FIND SOME QUOTES: ones that encapsulate how you think and feel about each of the 6 POWER strengths below. Our 2 favourite quote sources are:

- *goodreads*
- *brainyquote*

Step 2: DESIGN A POSTER: By hand (the next page is blank for this purpose), or you could use our favourite online design tool CANVA.

Step 3: PUT THE POSTER UP- in your bedroom to remind you.

the quotes that INSPIRE ME are...

ZEST:

HOPE:

SELF-REGULATION:

CREATIVITY:

BRAVERY:

PERSEVERANCE: