

★ How To Encourage Your Child ★ THROUGH STRENGTHS

Want to keep seeing a behavior? Encourage your child to continue to grow the strength that goes with that behavior. Instead of giving empty praise with phrases, "Good job!", encourage the process and action. Over time, your child will be intrinsically motivated, more likely to repeat the positive behavior and develop resiliency and confidence to accomplish great things.

Simple Phrases that ENCOURAGE & MOTIVATE

- "You showed your {character trait or strength} when you _____."
- "You've shown {strength} by {action}."
- "Your {effort} helped you {results of that positive behavior}."
- "Your {strength or trait} has improved because {the effort you put in}."
- "You just {whatever they just did that you want to see them do again}."
"You got it done!"
- "You did it!" **This one is a great replacement for "Good Job" for toddlers.*
- "How did you {the behavior you want to see repeated}?"
- "How do you feel about {what they are showing you}?"
- "It took {character strength} to {the behavior or process}."
- "Thank you! You can add in the strength and how they used that strength to help you or others."
- "You were {strength or trait} when you {behavior}."
- "Your {skill} has improved because of {the effort that was taken}."
- "All that time doing {effort or skill} really shows!"
- "Thank you for {effort} because it helped {someone they affected}."
- "You must be so proud of yourself!"
- "That's what you call {strength}!"
- "The time you're putting into {activity} is really paying off."
- "Can you teach me how you did that?"
- "That's just like you to be so {strength}."
- "I love you!"



discover your child's ★ STRENGTHS ★

Courage

Perserveres	Risk-Taker
Brave	Enthusiastic
Strong	Shows Integrity
Thinks Differently	Confident
Persistent	Courageous
Has Ingrity	Gritty

Humanity

Generous	Socially Aware
Kind	Trustworthy
Loving	Caring
Good teammate	Virtuous
Patient	Compassionate
Friendly	

Transcendence

Helpful	Connects
Hopeful	Witty
Optimistic	Intentional
Humorous	Purposeful
Witty	Appreciates Beauty & Excellence
Grateful	

Justice

Objective	Strength in Adversity
Good Citizen	Seeks out Equality
Rule-Follower	
Leader	
Good Judgement	
Fair	

Wisdom

Researcher	Open-Minded
Curious	Strategic Thinker
Wise	Artistic
Planner	Creative
Introspective	
Loves Learning	

Temperance

Self-Control	Analytical
Humble	Modest
Cautious	Prudent
Forgiving	Responsible
Hard-Working	Organized
Passionate	Reliable



These are Our Family Members'

★ STRENGTHS ★

Write down each family member's name. Inside each box, write down all the core and character strengths he or she often displays

Name:

Name:

Name:

Name:

Name:

Name:

