



Becoming Your Own Personal Coach

1

My Strengths in Action Journal Prompts

- What would you say are your top 3 strengths?
- What would friends or family members say is one of your greatest strengths, and why?
- Describe a time or tell the story of a time when your strengths supported you to be successful. Use as much detail as possible to remember the situation (sights, sounds, smells, textures, feelings, etc.). This might be a situation in the past where you've overcome a challenge or learned something new.
- Think about future circumstances or events where one or more of your strengths might support your success (finishing education, starting a new job, moving to a new place, having patience when stressed).

2

My Personal Coaching Messages



3

Through the Seasons Motivational Magnets

What my child/I liked best about this activity:

Skills this activity can support my child to practice:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Nurture Me** by describing their world and waiting for their responses.
2. Partner with your child to draw weather-related shapes (leaves, suns, clouds, big raindrops, etc.). On these shapes, you can write or invite your child to help you write your personal coaching messages. Then, you can encourage them to color with you as you talk about the shapes and weather.

As you create the coaching messages with your child, you **MIGHT**:

- » Have a conversation with your growing baby sharing the coaching messages and how these messages can support you,
- » Talk about the shapes and name the colors as you enjoy how your infant engages with you through facial expressions, movements, and sounds,
- » Invite your toddler to scribble, color, and practice their cutting skills using child-safe scissors,
- » Talk about the different kinds of weather and seasons and encourage your child to observe the day's weather and make predictions for tomorrow, or
- » Share the messages and count them as you and your child decide how and where to display them (refrigerator, bathroom mirror, or somewhere else).

