

Questions: Develop the Power of Your Strengths

Use these questions to help your mentee affirm that their dominant talents represent innate power and potential.

General

- What are you doing when your strengths are in action? How does it make you feel?
- When you look at the five areas of wellbeing, which area are you most drawn to? How do your strengths allow you to thrive in that area?
- Can you share times when you saw your strengths “looking different” and you were behaving differently to those around you? What led to those changes?
- How do you like to make decisions?
- Which of the five areas of wellbeing is getting in your way the most in life? How is that interference affecting the other four areas?

Career (Purpose)

- How do you feel about your performance in your classes?
- What is your greatest challenge professionally or scholastically?
- What are you studying or doing when you are at your very best?
- Do you have the opportunity to do what you do best every day? When? How?
- Tell me about recent recognition or praise you received for doing good work.

Social

- Tell me about your circle of friends. Whom do you spend time with at school?
- How do your friends and family support you? Understand you?
- Whom are you most drawn to in life? Why are you drawn to them?
- How do relationships with professors affect your classroom or work performance?
- Which professor brings out the very best in you? Which of your strengths were they influencing?
- Which of your strengths do you like to use to build relationships with others?
- When your social wellbeing is off and you are feeling lonely or isolated, how does it influence the other areas of wellbeing?

Financial

- Do you have enough money to do everything you want to do?
- How do you respond when your finances are off?
- How can you use your strengths to help you find scholarships?
- When your financial wellbeing is off balance, how do your strengths look and feel?
- How does your financial wellbeing affect your social wellbeing? Community wellbeing?
- Is there anything in your school fees that you're unsure about?

Physical

- How would you describe your physical health? What would you like to change or improve?
- How does your physical wellbeing influence your career (purpose) wellbeing?
- How could you use your strengths to change the way you eat? Sleep? Exercise?
- When you are at your best, how are you thinking about your sleep, diet and exercise?
- How do your friends influence your physical wellbeing?
- What are your health-related values? How do you live those values out?
- In the last seven days, have you felt active and productive? Please explain.

Community

- How would you describe the campus community to others? Which of the values of the school or community do you think align most closely with who you are?
- Which of your strengths allow you to be most successful and involved on campus?
- How do you fair in the other four areas of wellbeing when you aren't feeling connected to the community around you?
- How would your life be different if you were extremely involved in a club or organization? How would you pick that club, and how do your strengths connect to that choice and involvement?
- Where could you go to get more connected on campus? Which of your strengths could you use to do so? How?
- How do you foresee relationships developing through the club or organization you are involved in?
- What other questions would you ask to begin developing the power of strengths?

NOTES