

Finding Self After 60

## Day 2 — Spot Your Strengths

Name what you do well.

### ***Why this helps***

Older adults carry deep skills—patience, problem-solving, faith, relationship wisdom. Naming strengths fights the ‘I’m past my peak’ story and guides you to roles where you shine.

### ***How to do it***

List 10 things you do well (tiny or big). Ask one trusted person to add 3. Circle the top 5 and plan one place to use them this week.

### ***Example***

Strengths: storytelling, organizing, empathy, cooking, prayer discipline. Plan: host a chai hour; organize old photos; teach a simple recipe to a grandchild.

### ***Activity — Strengths Inventory***

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My 10 strengths

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3 strengths others see in me

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Top 5 to use this week

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Where I will use them (place/people)

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