



**ACADEMY OF CHOICE**

*Empowering Clients for Success*

## **Index Card Activity**

This exercise is designed for the coaches and participants to get to know something about you and for you to get to know us by finding others' answers in the Facebook community. It is also a model of working from strengths. If you know these answers about your coaching clients, you are well on your way to focusing on strengths, rather than problems, deficits and challenges.

1. You will need an index card or piece of paper. You will be writing three things in each of the corners of the index card.
2. First, in the upper left corner, write three things that are guaranteed fun for you.
3. Then, in the upper right corner, write three people you have know personally, who have had a significant positive impact on your life—one who is older, one younger and one a peer. They do not still have to be living. Sometimes it may be difficult for people to come up with individuals for this corner. When that happens, I remind them that they may have had someone who wasn't so great in their life who had a significant positive impact by showing them who they didn't want to be. These individuals still count and can be placed in this corner.
4. Next, in the lower left corner, write three things that you are good at, proud of, or have accomplished in the last five years. Make these things you actually did. For example, instead of writing that you are proud of your children, only use that example if you can say you are proud of your parenting. These items need to be about your effort.
5. Finally, in the lower right corner, write two values by which you live your life and one "pet peeve" or annoyance.

Post your answers in the Facebook community and feel free to interact with others whose posts you see.