

Exploring My Signature Themes

In the spaces provided below, identify each of your themes and write what each of your themes means to you at this point in your StrengthsQuest.

SIGNATURE THEME	DEFINITION OF THE THEME IN YOUR OWN WORDS

In a small group, share your themes and the definitions you created. Discuss how that theme might help someone excel in college life.

Activity 1.8: Exploring My Signature Themes