

ABILITIES

First

You are more than your challenges.
Your abilities, strengths, and potential
matter most.

A DIFFERENT LENS

Traditional approaches often focus on
what's "wrong."

Abilities First focuses on
what's right, strong, and possible.

When we focus on abilities,
we build confidence, hope,
and meaningful change.

WHAT ARE ABILITIES?

Abilities are the skills, talents, resources,
qualities, and potential you bring to your
life—every single day.



Skills & Talents
Things you're good at
or enjoy doing.



Personal Qualities
Your character, values,
and positive traits.



Life Experience
What you've learned and
overcome.



Support & Resources
People, tools, and supports
that help you grow.



Aspirations & Goals
Your hopes, dreams, and what
you want your life to look like.

You already have so much to build on.
Let's start there.

WHY ABILITIES FIRST?



Builds Confidence
Recognizing your strengths helps
you believe in yourself.



Increases Motivation
Focusing on what's possible helps
you set goals and take action.



Strengthens Relationships
Your abilities contribute to connection,
belonging, and community.



Promotes Well-Being
Using your abilities can improve mood,
reduce stress, and create purpose.



Creates Possibilities
When we focus on what you can do,
new opportunities open up.

You are not starting over.
You are starting from your strengths.

EXAMPLES OF ABILITIES



Communication: listening, speaking,
writing, teaching



Creative: art, music, problem-solving,
imagination



Practical: organizing, planning,
fixing, building



Helping: caring, encouraging,
volunteering



Thinking: learning, analyzing,
remembering



Physical: movement, coordination,
stamina



Personal Strengths: patience,
kindness, honesty, perseverance



Daily Life Skills: cooking, budgeting,
technology, time management

Everyone has abilities.
Everyone has something to offer.

DISCOVER YOUR ABILITIES

Take a few minutes to reflect. You are the expert on you!



WHAT AM I GOOD AT?

What skills or talents
come naturally to me?

- _____
- _____
- _____
- _____
- _____



WHAT DO I ENJOY?

What activities make
me feel alive or engaged?

- _____
- _____
- _____
- _____
- _____



WHAT HAVE I OVERCOME?

What challenges have I
faced and what did I learn?

- _____
- _____
- _____
- _____
- _____



WHO SUPPORTS ME?

Who believes in me
and brings out my best?

- _____
- _____
- _____
- _____
- _____



WHAT ARE MY GOALS?

What do I want more of
in my life?

- _____
- _____
- _____
- _____
- _____

BUILDING AN ABILITIES-FIRST LIFE

- ✓ Notice and name your abilities.
- ✓ Use your strengths in small, daily ways.
- ✓ Set goals that match your values and interests.
- ✓ Surround yourself with people who uplift you.
- ✓ Celebrate progress, not perfection.
- ✓ Keep growing—your abilities can keep expanding!

Small steps. Big impact. You've got this.

AFFIRMATIONS TO REMEMBER

- ♥ I have strengths that make a difference.
- ♥ I am more than any challenge I face.
- ♥ I learn, grow, and keep moving forward.
- ♥ My abilities are worth recognizing.
- ♥ I have something to offer the world.
- ♥ I choose progress, not perfection.

REMEMBER

Your abilities are real.
Your potential is endless.
You are the expert on you.

Abilities First.
Always.



When we focus on abilities, we build a stronger foundation for healing, growth, and the life you want.

You matter. Your abilities matter. Your future matters.