DEFICIT VS. STRENGTHS SELF-DESCRIPTION ACTIVITY

DO THIS EXERCISE TO SEE HOW IT FEELS TO BE DESCRIBED BY YOUR DEFICITS AND YOUR STRENGTHS.

1. Using **deficit-based** descriptive terms/words, describe yourself in 75 words or less.

2. Using **strengths-based** descriptive terms/words, describe yourself in 75 words or less.

FLORIDA HOUSING COALITION

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