

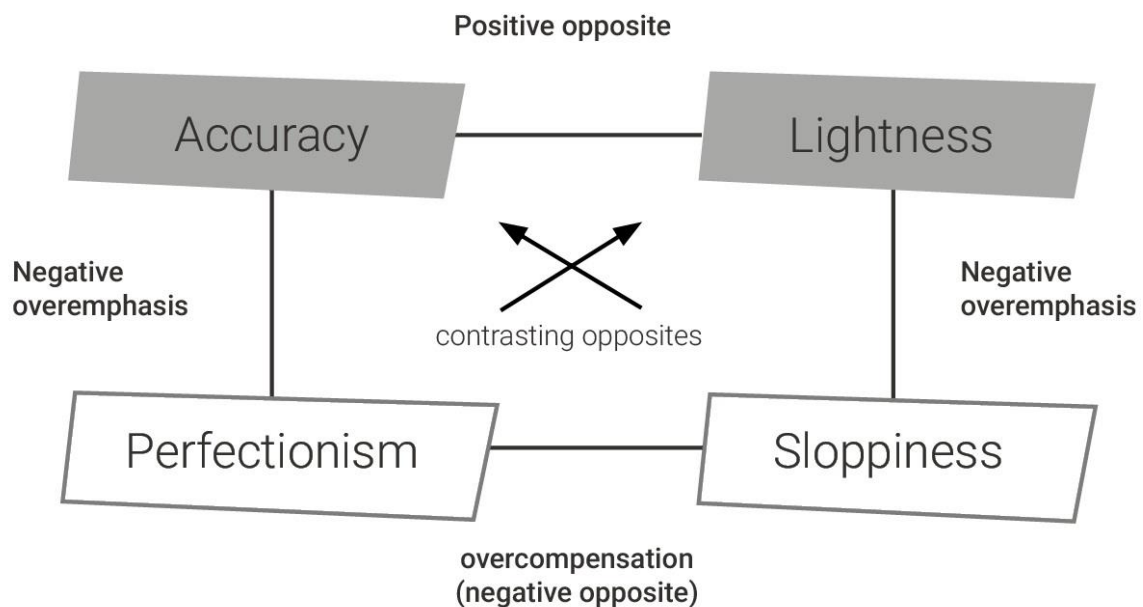
The Matrix of Values

Template M2

Everyone has strengths and weaknesses. Very often, they are shaped by the very values and qualities we appreciate the most. An excessive focus on a strength can, however, turn it into a weakness. A weakness, in turn, can actually be a strength in a given situation.

The Matrix of Values helps you identify your own strengths and where you might still have to grow and find the positive aspects of an apparent weakness. Think about a strength and write it in the upper left field. Then try to fill in the square of values appropriately.

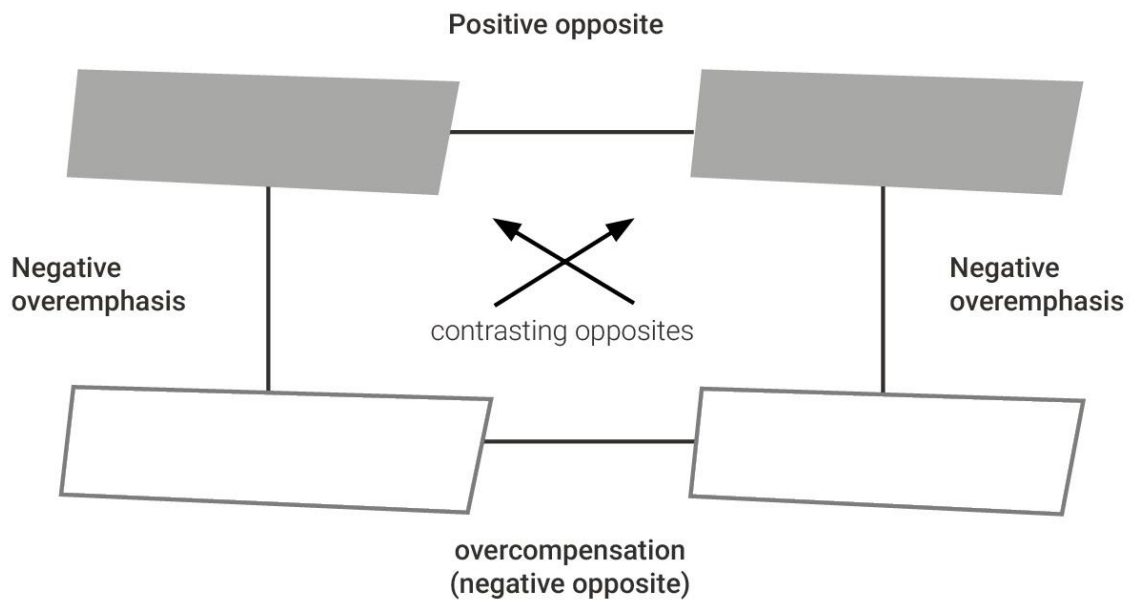
Applying the matrix of values by using the example of “accuracy”



The Matrix of Values

Template M2

Template for creating your own matrix of values



Write or tell a story about how a quality you thought was negative led to something wonderful.

