

S-I-V-J Prompts

Strengths-Interests-Values-Job Readiness



	STRENGTHS A talent is an activity you are naturally good at, but a strength is the ability to show regular, excellent performance in that activity. To build a talent into a strength, you need to really practice hard and build your skills over time.		INTERESTS Interests are things you like to do. They keep you excited and engaged over a long period of time. When you understand what you are interested in, then you can choose activities and careers that are enjoyable and satisfying.		VALUES There are two types of values. The first are the conditions that help you work best. For example, do you prefer to work on your own or with others? Do you like working indoors or outdoors? The second category includes the things that make you feel valued, such as getting praise or rewards for completing a project, or knowing that you are helping people.		JOB READINESS What are the tools and skills you need to be job ready? Job readiness means you have many of the essential skills needed in any job, no matter the industry or role. There are many essential skills, including self-awareness, patience, communication, imagination, problem solving, independence, curiosity, and more.	
August	8/4	What do you like learning about?	8/6	What helps you focus when you are getting distracted?	8/11	Part of emotional intelligence is considering other people's feelings. When is a time you considered someone else's feelings?	8/13	What do you like to do?
	8/18	Are you a curious person? What are you curious about?	8/20	Is it important to feel that other people like working with you? Why or why not?	8/25	Is trust important to you? Why or why not?	8/27	How would you prove to someone you are a trustworthy person?
September	9/1	What is a talent or strength you would like to have?	9/3	What is something you like reading about?	9/8	How would you explain the way you organize your school materials to someone else?	9/10	Resourcefulness means having the ability to find quick and clever ways to overcome difficulties. When was a time you were resourceful?
	9/15	What is something important for you to know about your strengths or talents?	9/17	If you could help someone with something, who would you help and why would you help them?	9/22	Is it important to be praised in front of other people for the work you do? Why or why not?	9/24	How do you know when someone is showing patience?
October	9/29	Why are strengths important?	10/1	What type of sports do you enjoy?	10/6	Describe a time when you felt like you achieved something.	10/8	Communication involves exchanging information. List some situations that require you to exchange information.
	10/13	Think about a recent success. How did your strengths help you to be successful?	10/15	Do you enjoy studying and researching? Why or why not?	10/20	If you were the principal, what would you change about your school?	10/22	What are the characteristics of a curious person?
November	10/27	What strength do you have that other people might not know about?	10/29	Think about something you are interested in. What does this say about you?	11/3	Describe a time you came up with a creative idea. How did others react to your idea?	11/5	What are some times you should think about another person's perspective?
	11/10	Which of your strengths will help you reach your goals?	11/12	Do you like building and repairing things? Why or why not?	11/17	Do you like to be the leader when you're playing a game? Why or why not?	11/19	Creative thinking involves using your imagination to solve a problem. Can you think of a time when you had to think creatively?
December	12/1	Think about one friend. What strengths does that person have?	12/3	What is something you don't think you will ever do? Why?	12/8	What frustrates you when you are trying to get your work done? Why do you think this frustrates you?	12/10	Is it more important to be a good problem solver, or a good planner? Why?
	12/15	What are some strengths that you have that help you connect with the people you care about? Why?	12/17	Why do you think people like to draw or paint?				

	STRENGTHS		INTERESTS		VALUES		JOB READINESS	
January	1/5	What talent or strength do you admire in others?	1/7	Think about two or three things you are interested in. What do they have in common?	1/12	Do you usually like playing by yourself or with other kids? Why?	1/14	What are some qualities of a person who works well in a group?
	1/19	What is something you wish you were really good at?	1/21	If you could build one thing with your hands, what would you build? Why would you build this?	1/26	When you have a job, which one of these do you think will most important to you and why? 1) making lots of money 2) making your own choices 3) working with people you like 4) making a difference in the world?	1/28	What are some things you should think about when you need to share some bad news with a friend?
February	2/2	When you're an adult, what strengths do you hope you will have?	2/4	Think about a challenge you enjoy tackling. What about it makes it enjoyable?	2/9	What is a job or task you do for others and feel good about?	2/11	What are some characteristics of a good problem-solver?
	2/16	Of the things you do well, which two or three do you do best? Why?	2/18	If you were to teach someone something, what would it be?	2/23	Is it important to be recognized for being responsible? Why?	2/25	Why do employers hire people who collaborate well?
March	3/2	Why is it important to understand your friends' strengths?	3/4	What are your favorite school subjects? Why?	3/9	Do you prefer working on your own or in a group? What does this tell you about yourself?	3/11	Is it more important to be an imaginative thinker when you are working on your own or when you are in a group? Why?
	3/16	It takes practice and hard work to turn talents into strengths. What are you practicing to get better at in school or at home?	3/18	What rules or expectations do you think are important?	3/23	Do you like it quiet while you are working?	3/25	One way we show that we're dependable is when we "keep our word." What is an example of something that you said you'd do and that you actually made sure to do?
April	3/30	How can our strengths and talents help us in our lives?	4/1	Think about two activities that you don't enjoy doing. What do these activities have in common?	4/6	What's an example of being responsible?	4/8	What are the characteristics of a dependable person?
	4/13	Describe some steps you are currently taking to improve one of your strengths.	4/15	What would you want to convince or persuade other people about?	4/20	Think about a time you rushed to finish a task. What could you have done for a better result?	4/22	Active listening means paying close attention to what someone is saying. Why is active listening an important skill to have?
May	4/27	Describe how some of your strengths could help make your neighborhood/community a better place.	4/29	Do you prefer spending time indoors or outdoors? What does this say about you?	5/4	Describe your ideal environment for learning.	5/6	Collaboration happens when you work with others toward a common goal. When is a time you have collaborated with others? How did you work together to achieve your goal?
	5/11	What do you think makes someone a success in life? In their career?	5/13	Would you rather be a group's leader, or just be part of the group? Why?	5/18	Do you like doing things that help other people? Why or why not?	5/20	Negotiating means having a discussion with other people until you all agree on something. Why is negotiation an important skill to have?

Last updates July 2025

	STRENGTHS		INTERESTS		VALUES		JOB READINESS	
June	5/25	What are some careers you think you'd be good at because of your strengths? Why?	5/27	Think about an activity you like doing. What are some other activities that are different, but similar to this one?	6/1	How would you explain success in your own words?	6/3	What are some things you should think about when you are making a decision?
	6/8	Think about a public person you admire and a talent or strength they have. How does this affect the way you see them?	6/10	Would you rather do work that needs physical strength, or that uses your mind?	6/15	Do you like to make your own decisions, or have someone else help you make decisions? What does this tell you about yourself?	6/17	A growth mindset means you can get better at something through practice and not give up. When is it important to have a growth mindset?
	6/22	What is one strength you have that helps you when things get difficult? How does it help you?	6/24	What is something you could talk about for hours without getting bored?	6/29	Do you enjoy learning new things? Why or why not?	7/1	How do you know when someone is good at explaining something to you?
July	7/6	Think about your favorite teacher or coach. What strengths do they have that make them good at their job?	7/8	If you had a whole weekend with no homework or chores, what would you choose to do?	7/13	Do you prefer to work on one thing at a time or juggle multiple tasks?	7/15	When you disagree with someone, how do you handle the situation?
	7/20	What is something you can teach others to do?	7/22	What is something you're interested in learning more about that you've never tried before?	7/27	What is more important to you: being the best at something or helping others succeed? Explain.	7/29	When you make a mistake, what do you usually do next?

Last updates July 2025