



## Activity 1: Identify Recovery Capital Strengths

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to download printable Activity Worksheets.

**Observe:** Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

Best  
Describes  
My Strengths

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## Questions to Explore

**Evaluate:**

1. As you review your top statements, what resonated most? What surprised you?

2. Are these strengths new for you or things you've been building for a while?

3. How have these strengths served your recovery?

**Evaluate (continued):**

4. Which Recovery Capital dimensions were most, and least, represented in your strengths cards? Does this make sense to you?

**Respond:**

5. What is one action you can practice today to strengthen your recovery further?

6. Who can you ask for help and support?