

# Saleebey's Definition of the Types of Strengths

- #1:** What people have learned about themselves, others & their world.
- #2:** Personal qualities, traits, and virtues that people possess.
- #3:** What people know about the world around them.
- #4:** The talents people have.
- #5:** Cultural & personal stories and lore from their cultural orientation.
- #6:** The resources of their community.

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