Strengths Development Framework

**Discover**
- Understands and can define and verbalize their themes.

**Integrate**
- Sees a clear connection between their themes and past and present behavior.
- Sees links between strengths and successes.

**Apply**
- Uses the knowledge of their five themes to plan, strategize, analyze, and direct their behavior.

**Relationship**
- Sees strengths in others.
- Has a relationship(s) that encourages their strengths development.