

STRENGTHS IN YOLO

“WOULD YOU RATHER”

Would You Rather is a good icebreaker for large or small groups and is most effective in 10 to 40 minute sessions. This highly adaptable activity can easily be made appropriate for a variety of groups depending on the questions posed and the amount of time available. The goal of the icebreaker is to initiate conversations, highlight Strengths, and for participants to discover things they have in common that might not be obvious otherwise.

Instructions:

- Tell participants they will be asked questions that required them to make difficult choices and they will use their Strengths to explain their answers.
- As you read the first question aloud to participants, designate an area of the room to correspond with each answer choice.
- Allow people to move to the location of their choice (determined by their answer).
- Have each person explain their choice utilizing one or more of their Top 5 Strengths.
- Repeat for all questions.

Questions:

1. **Would you rather** go to prison for a crime you didn't commit **OR** get away with it but live with a guilty conscious for committing a crime?
2. **Would you rather** be completely alone for a year **OR** constantly surrounded by people not people of your choosing?
3. **Would you rather** have a career where you can continue to learn and growing, but have little extrinsic rewards (financial or otherwise) **OR** a job where you do the same tasks over and over again, but the extrinsic rewards are high?

Customize additional questions as desired.