

## 24. My character strengths

*Use your strengths in a new way*

🕒 Duration: 15 min



Frequency: ongoing



Difficulty: easy



Evidence Quality

### What is it?

- Character strengths are the qualities of your personality that represent your personal virtues
- Capitalising on these strengths can increase your positive emotions and overall wellbeing.

### What can I use it for?

- It's important to think about ways you can use your strengths day-to-day so that you can receive all the benefits and fulfilment associated with living an authentic and value-based life.
- You can use it to underpin goals you set for yourself and behaviour you want to perform to improve your wellbeing

### How to do it

1. Take the following quiz to identify your Signature Strengths:  
<https://www.viacharacter.org/survey/pro/rsh8vb/account/register>
2. Pick one strength to work with.
3. Brainstorm new ways to use your Signature strengths.
4. Reflect on how you can use the strength to reach a goal you set or behaviour you are trying to enforce. Even better is to use the strength to underpin a new positive goal.

### Anything to consider before I start?

- In identifying your Signature Strengths, you might come across your weaknesses as well. Whilst this can be valuable information, and you can consider working on them, the aim of this activity is to focus on your strengths.



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



# 24. My character strengths

## Using your strengths in a new way

Write down your top character strength in the box below

Let's think back of the goal-setting exercise. Can you think of a way to craft a new goal for the next week where you specifically focus on using your strength in a new way?

Now we will check whether the goal is SMART. SMART goals are goals that are:

- Specific: they need to be clear and well-defined
- Measurable: you need to be able to 'measure' whether the goal was reached or not
- Achievable: they should not be impossible to achieve
- Realistic: they need to be realistic and relevant to you
- Timely: you need them to have a deadline

Re-write your goal to fit the SMART criteria

## TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: