

DEVELOP YOUR STRENGTHS

Self-exploration

Research shows that if you identify and develop your strengths of character, you will be more productive, happy, and able to overcome adversity.

Instructions:

Below is a list of personal strengths. Read through the list. When you find a strength that describes you, circle it. Next, condense the circled list to the 10 strengths that most describe you. Then reflect on these 10 strengths and 1) find new and creative ways to use them more in various areas of your daily life (e.g., family, friends, school) and 2) think of how you can use them to successfully solve problems and navigate difficult situations.

<p>FLEXIBLE THINKING I see that my thoughts are not always true beliefs. I can unhook from my thoughts when they are unhelpful.</p>	<p>RESPECT I am able to look up to others who have knowledge, wisdom or advice.</p>	<p>TEAMWORK I am good at working with a group.</p>
<p>PROBLEM SOLVING CONFIDENCE I see my problems in my life as challenges, instead of as threats. I am willing to put effort into solving my problems.</p>	<p>APPRECIATING BEAUTY I appreciate art, music, painting, dance, or other expressions of beauty.</p>	<p>BEING GRATEFUL I express gratitude and I'm thankful.</p>
<p>FLEXIBLE SELF-VIEW I see that I am more than my thoughts and feelings.</p>	<p>CAPACITY FOR LOVE I can express and receive love.</p>	<p>HOPE I believe I can achieve my goals.</p>
<p>GROWING SELF I see myself as capable of changing and improving.</p>	<p>SELF-KINDNESS When I don't live up to my expectations, I'm able to forgive myself and recommit to my goals.</p>	<p>INNER BALANCE Difficult thoughts and feelings don't push me around. I can have self-doubt and fear and still work towards success.</p>
<p>ENTHUSIASM I love what I do and can't wait to get started on projects.</p>	<p>CAPACITY FOR FRIENDSHIP I can be a good friend to others.</p>	<p>HONESTY I tell people what I care about, keep promises, and don't lie.</p>
<p>SOCIAL CONFIDENCE I assume I can be liked and valued by others. If I put time and energy into relationships, I assume I will build friendships.</p>	<p>CURIOSITY I find the world a very interesting place and like to be involved in new things.</p>	<p>WORKABILITY FOCUS I focus on doing what works – acting in a way that makes my life better.</p>

Adapted from: Hayes, Louise (2016). Strength spotting card sort.

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<p>NOTICER PAUSE When something makes me feel strong emotions or urges, I practice mindfully pausing before reacting.</p>	<p>FORGIVING I don't try to get even. I accept that my friends and loved ones will be imperfect.</p>	<p>LEADERSHIP I'm able to take charge and help a group work well together.</p>
<p>KINDNESS I help friends, go out of my way to cheer others up, and love to make others happy.</p>	<p>WILLINGNESS I choose to do what I care about even when I have difficult feelings, such as sadness, anger, insecurity, or low motivation.</p>	<p>HUMOR I use humor to brighten other's days. I try to add humor to whatever I do.</p>
<p>SOCIAL INTELLIGENCE I can fit into different situations, and I'm good at sensing what others are feeling.</p>	<p>LOVE OF LEARNING I love to learn and grow.</p>	<p>HUMILITY I don't act as if I'm special, don't brag, and am humble about good things that have happened to me.</p>
<p>PERSISTENCE I keep doing what I think is important even when things get difficult or I fail.</p>	<p>SELF-CONTROL I'm highly disciplined and able to stick to my goals despite temptations to abandon them.</p>	<p>WISDOM I don't lose sight of what's really important in life.</p>
<p>SPIRITUALITY I believe in a universal power or God, and I keep my faith even during hard times.</p>	<p>COURAGE I'm able to do what I think is important, even when I feel fear, uncertainty, or intimidation.</p>	<p>DISCOVERY I love to try new things and explore possibilities.</p>
<p>PERSPECTIVE TAKING I see things from different viewpoints, and I can take other peoples' perspective.</p>	<p>NOTICING OUTSIDE I notice what's going on outside me and the consequences of my actions on others.</p>	<p>NOTICING INSIDE I'm usually aware of what I'm feeling and thinking.</p>
<p>BEING FAIR I admit when I'm wrong and try to treat all people equally</p>	<p>CREATIVITY I like to come up with new ideas and new ways of doing things</p>	<p>CAREFULNESS I avoid unnecessary risks and think before I speak.</p>
<p>CAREFUL JUDGEMNT I think things through and make decisions after I have all the facts</p>		

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What did you identify as your top 10 strengths?

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

How can you purposely use each of these strengths *more in you daily life*?

How can you use each of these strengths to *solve problems and overcome adversity*?

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