

Strategies	Explanation	Your Applications
<b>Name It</b>	<ul style="list-style-type: none"> <li>What are your top 5 signature strengths? Visit <a href="http://viacharacter.org">viacharacter.org</a> for a free test to find out!!</li> </ul>	
<b>Spot It</b>	<ul style="list-style-type: none"> <li>Spot strengths in others. Have fun with this and be sure to tell them what you see!</li> </ul>	
<b>Novel Use</b>	<ul style="list-style-type: none"> <li>Use your signature strengths in new ways every day for a week. Notice how you feel</li> </ul>	
<b>Challenges</b>	<ul style="list-style-type: none"> <li>Lead with your strengths in challenging situations. Look for strengths in others in difficult conversations!</li> </ul>	
<b>Golden Mean</b>	<ul style="list-style-type: none"> <li>Consider the effects of over and/or under-using your strengths. Work on the "golden mean" where you feel the best!</li> </ul>	

***appreciation of beauty and excellence, bravery, creativity, curiosity, fairness, forgiveness, gratitude, honesty, hope, humility, humor, judgment, kindness, leadership, love, love of learning, perseverance, perspective, prudence, self-regulation, social intelligence, spirituality, teamwork, zest***

Martin Seligman and Chris Peterson investigated what values are common across time and place. Through their research the 24 Character Strengths were identified around six main virtues: wisdom and knowledge, courage, transcendence, temperance, justice, and humanity.- strengths are our values in action! Our signature strengths are the top few that we lead with in life - they give us energy and feel comfortable to us. Our lesser strengths (not weaknesses!) we still possess, it just may take more effort to bring them out.

**Play with these ways to enhance your life through character strengths!**



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