Using my strengths

Doing more of what you are good at and what gives you energy.

Name _____ Date _____

A strength is something you do well, that feels like you, and that leaves you with more energy afterwards. People who use their strengths regularly tend to feel better and cope better.

Finding them

Things I do that make time fly

A time I was at my best. What was I doing, and what qualities was I using?

Some to consider

- [ ] Curiosity
- [ ] Creativity
- [ ] Love of learning
- [ ] Courage
- [ ] Perseverance
- [ ] Honesty
- [ ] Kindness
- [ ] Humour
- [ ] Fairness
- [ ] Teamwork
- [ ] Patience
- [ ] Hope

My top three

Strength	A new way I could use it this week

How could one of these strengths help with a difficulty I am facing?

The study of character strengths was led by Christopher Peterson and Martin Seligman.

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