**Character Strength Strategy**

**Activity: Actioning signature strengths in new ways**

Researchers have found that encouraging long lasting positive change in wellbeing levels through the deliberate activity of using one’s signature strengths in new ways. Increases in wellbeing were observed six months later (Seligman et.al, 2005, Gander et.al., 2012).

Choose one of your signature strengths. Firstly list below ways in which you are already actioning this strength and then list some new ways you could use this strength. You may like to engage a friend or colleague to help you brainstorm new ways to use your particular signature strength.

|  |  |
| --- | --- |
| **Nominated Signature Strength** | **Current ways I use this strength** |
|  | 1.  2.  3.  4.  5. |
|  | **Three new ways I could use this strength** |
|  | 1.  2.  3. |

**Character Strength Strategy**

**Activity: Strength Spotting 4 for 4**

Choose four people you know well and suggest four of their top strengths.

Record them below. If you have the opportunity to do so, tell each of the four people what you see as their character strengths.