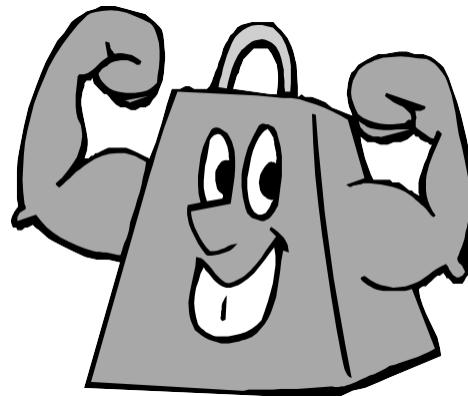


WAYS TO WELLBEING

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POSITIVE SELF IDENTITY: KNOWING YOUR STRENGTHS



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Works for Positive Change



Knowing Your Strengths

- We can often be reluctant to talk about or even acknowledge to ourselves what our strengths are
- Often we can be better at focusing on the things we are not good at
- When we doubt our abilities or feel overwhelmed, we tend to see only the difficulties and perceived weaknesses
- Being able to see your strengths objectively can help you regain control and move forwards

Knowing Your Strengths

- When you love what you're doing, you're using your 'signature strengths'
- These are your strong points that help you get the most from life making you feel happy and fulfilled
- In positive psychology, being in this happy state is called 'engagement'
- Top achievers build their lives and careers on their talents and strengths

What Makes a Strength?

- For a strength to be a strength it goes deeper than just being good at something
- Ask yourself the question ‘Why am I good at.?’
- The reason you find some things easier is because your strength has a number of characteristics
- For a strength to be a strength it has to have 4 characteristics

What Makes a Strength? – 4 Characteristics

- Being the best you can be – functioning at peak performance so you develop and grow
- Innate ability – existing raw ability
- Congruence – strength is in line with your beliefs & values; being true to yourself
- Energy levels – when you are energised using signature strengths you're experiencing 'flow'

Identifying Your Strengths

- Think of areas of your life or specific skills you have which are signature strengths.

eg. I have lots of friends & love socialising
I enjoy learning new skills
I'm good at organising myself and other people
I take an optimistic view of things
I lose track of time when I.....

Identifying Your Strengths

- Positive psychologists have identified 24 signature strengths
- These can be grouped into 6 areas called **Virtues**
 - Wisdom and Knowledge
 - Courage
 - Love (sometimes called humanity)
 - Justice
 - Temperance
 - Transcendence

24 CHARACTER STRENGTHS

WISDOM and KNOWLEDGE

- creativity; judgement; curiosity; love of learning; perspective

COURAGE

- bravery; perseverance; honesty; zest

HUMANITY

- love; kindness; social intelligence

JUSTICE

- fairness; leadership; teamwork

TEMPERANCE

- forgiveness; humility; prudence; self-regulation

TRANSCENDENCE

- appreciation of beauty and excellence; gratitude; hope; humour; spirituality

Identifying Your Strengths

- Give yourself a score from 1 – 10 for each of the strengths according to how much you think each strength matches your own, where 1 = least like me
10 = most like me
- Note the score beside each strength
- Pick the top 5 strengths – these are your signature strengths

CONGRATULATIONS!

- Acknowledge and congratulate yourself on having these strengths
- Can you improve on these strengths, move up a rating or even half a rating point?
- Visit www.authentichappiness.com to take the VIA online Signature Strengths Questionnaire.

Considering Your Weaknesses

- Identifying your weaknesses and adapting your life is key to achieving contentment and wellbeing
- 2 types of weaknesses
 - Weaknesses you never worry about because they don't spoil your enjoyment of everyday life
 - Weaknesses you need to overcome to reach a goal or fulfill an ambition

Considering Your Weaknesses

- 2 ways to tackle weaknesses
 - Identify the skills you need to develop; you may turn a weakness into a strength with practice
 - Recognise your limitations and ask for help

Building Your Strengths

- Look at the strengths you haven't rated so highly
- Consider how you could work on these?
- Can you use your signature strengths to build the weaker ones?
- Are there situations where you can call on someone else to help?
- Be aware of having balance amongst your strengths

Recognising Strengths in Others

- Recognising and acknowledging other people's virtues help you in:
 - Identifying people you want to get to know and spend time with
 - Discovering signature strengths in others to complement your own
 - Offering you models you can imitate
 - Building healthy, deep and meaningful relationships

Recognising Strengths in Others

- Think of a partner, friend or family member and note which virtue(s) you believe they hold
- Consider and rate their strengths and find their top five signature strengths
- How do these complement your own?
- How do they add value to your life and how do you call upon their virtues and signature strengths in your day to day life?