

3-Part Plan to Leverage Signature Strengths

AWARE

Step 1: Increase your self-awareness.

Activity: Turn to a person at your table and spend 5 minutes answering the following questions to help you become more self-aware of your signature strengths:

1. What is your gut reaction to your VIA survey results? What surprises you most about your VIA results?
2. Do the highest strengths resonate for you as signature strengths? Do you feel these are most core to who you are and most energizing & natural for you to use? Why or why not?

EXPLORE

Step 2: Connect your character strengths, particularly those highest in your profile, with your past successes, your relationship, your achievements, times when you are happiest, and times when you have faced great challenge or difficulty.

Think of a time when you were most successful. What did you do? What strengths were you drawing upon? How did each of your signature strengths come into play? Take 5 minutes to write down this scenario in your notepad.

Activity: Turn to a different person at your table and spend 10 minutes sharing your strength stories. If time permits answer the following discussion questions:

1. How and when do you express each of your signature strengths? Give an example.
2. When you imagine a best possible future for yourself, what strengths will you need to bring forth to get there? What might you need to do different?
3. When you think of a time when you were anxious, depressed, or highly stressed, which strengths did you (or could you) use to move forward?
4. Consider your past or current mentors (or role models). What strengths did they embody? How did they express them? What strengths did they see in you?

APPLY

Step 3: Work to make involving your strengths part of your life's daily routine. Which strengths are you interested in applying in your daily life? How might you use them in a new way? How can they help you reach your goals?

Activity: Everyone wants to have superpowers! Think of your top strengths as your superhero powers. Spend 8 minutes developing a story of your superhero and his/her superpower. How would your power be used in the future to help you achieve your goals? Use paper and makers available on your table to bring your superhero/superpower to life. After 7 minutes, please share your superhero with your table.

Don't forget to ask yourself...How could I use my superpower to make the world a better place?