People who know their strengths and use them frequently tend to have higher self-esteem, better moods, and less stress. Learning to use strengths is something anyone can achieve.

In this activity, you will create a plan to use your strengths every day, for one week. You may use your strengths in either new or familiar ways. The key is to use your strengths intentionally and *purposefully*, rather than as part of habit or routine.

**Step 1: Circle three of your greatest strengths, or write your own.**

|  |  |  |  |
| --- | --- | --- | --- |
| Creativity | Curiosity | Love of Learning | Bravery |
| Honesty | Love | Kindness | Social Awareness |
| Leadership | Forgiveness | Humility | Self-Control |
| Optimism | Humor | Spirituality | Flexibility |
| Persistence | Appreciation  of Beauty | Gratitude | Enthusiasm |
| Teamwork |  |  |  |

**Step 2: For the next week, write a brief plan for using your chosen strengths.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Example** | **Day** | **Strength** | **Plan** |
| **1** | Kindness | I will bring in breakfast for the office. |
| **2** | Curiosity | After dinner, I will drive to a new part of town and go for a walk. |
| **3** | Curiosity | I will watch a documentary with my friend and discuss it afterward. |

**For the next week, write a brief plan for using your strengths.**

|  |  |  |
| --- | --- | --- |
| **Day** | **Strength** | **Plan** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
| **7** |  |  |