



# TIPS FOR USING EACH CHARACTER STRENGTH IN A NEW WAY

## ☐ Creativity

Think of one of your problems and two possible solutions. Present the solutions non-verbally as an act or mime to someone.

## ☐ Curiosity

Try a new food for the first time, preferably from a culture different than your own.

## ☐ Judgment

Ask one or two clarifying questions of someone who has a different approach to life or different beliefs than you (e.g., a vegetarian).

## ☐ Love of Learning

Read some of the original works of Gandhi online.

## ☐ Perspective

For one of your interactions today: First, listen closely. Second, share your ideas and thoughts.

## ☐ Bravery

Take on a new adventure or hobby that fits with one of your areas of interest.

## ☐ Perseverance

Complete a small project that you have been putting off.

## ☐ Honesty

Write a poem that expresses an inner truth.

## ☐ Zest

Exert your energy in a unique way – jump on a bed, run in place, practice yoga or body stretching, or chase around a child or pet.

## ☐ Love

Surprise somebody with a small gift that shows you care (e.g., flowers, a Starbucks coffee).

## ☐ Kindness

Put coins in someone's parking meter that has run out of money.

## ☐ Social Intelligence

Start up a conversation with someone whom you normally would not say much more to than typical pleasantries. This person might be the woman at the checkout counter, a telemarketer, or a new employee.

## ☐ Teamwork

Spot and express appreciation for the strengths expressed by your team members.

## ☐ Fairness

Look for beings (e.g., people, animals) that are cast aside or typically held in disgust and go out of your way to treat them right.

## ☐ Leadership

Discuss with someone who reports to you about how they can align their top character strength more in their work.

## ☐ Forgiveness

Let go of a minor irritant or a grudge.

## ☐ Humility

Ask someone you trust to give you feedback on your struggles and growth areas.

## ☐ Prudence

Before you make a decision that is typically very easy, take one full minute to think about it before you take action.

## ☐ Self-Regulation

The next time you feel irritated or nervous today, pause and breathe with the experience for a count of 10 breaths.

## ☐ Appreciation of Beauty and Excellence

Go outside and stand still in a beautiful environment for 20 minutes.

## ☐ Gratitude

Tell someone "thanks" who deserves it and is typically not recognized.

## ☐ Hope

Consider a problem or struggle you are having. Write down two optimistic, realistic thoughts that bring comfort.

## ☐ Humor

Do something spontaneous and playful around another person (e.g., saying something silly, contorting your body in a weird way, or telling a funny story or joke).

## ☐ Spirituality

Read about a religion/spirituality different from your own and look for ways in which the core messages parallel one another.