



STRENGTHS

Get curious

Day #1 Goal:

Take your top strength and deliberately put it into action today. How has using this strength affected you? And, those around you?

Day #2 Goal:

Take a lesser strength from your list, one you wish to develop and read and complete an activity from the list linked below or create a challenge for yourself from the **VIA Strength Tips** in our Activity Hub.

Day #3 Goal:

What lit you up today, what was engaging and fun?
What strengths were you using during this engaging time? Was it a strengths that comes naturally?
Is it a strength that does not come naturally to you.

Day #4 Goal:

What challenged you today? What strength was needed during this challenging time? Was it a strengths that comes naturally? Is it a strength that does not come naturally to you.

