

# Character strengths worksheet

Knowing our strengths can be hugely beneficial for both our personal and academic lives. Take the test on the VIA website to find out what yours are.

Character strengths are the positive parts of your personality that impact how you think, feel and behave. Learning and discovering what our character strengths are can increase our self-awareness and allow us to accept ourselves more.

By knowing what our signature strengths are, we can exercise these in our lives which can allow us to feel an increased sense of wellbeing. By knowing our lesser strengths, we can understand our past experiences better and learn how to further develop these strengths for the future.

Use this worksheet alongside the online workshop video:  
[www.youtube.com/watch?v=vF0d6A5MFr0](http://www.youtube.com/watch?v=vF0d6A5MFr0)

**My top five strengths are:**

1.

2.

3.

4.

5.

## Activity 1 – Affirm and Value Your Strengths

Purpose: Understand the importance of your strengths to your life, and affirm your highest strengths.

1. Identify one of your top character strengths that you value.

2. Why is this character strength meaningful and important to your life?

## Activity 2 – Open Your Character Strength Doors

Purpose: Practice reframing and how to manage problems. Develop perspective and gain insight on the past.

1. Write about a recent time in which you experienced a negative event.

2. Write about the positive consequences, not immediately apparent, that resulted from this event.

3. Write down and explain the character strengths that were developed as a result of this event.

## Activity 3 – Self-Monitor Your Strengths

**Purpose:** Link internal character strengths with action in your day-to-day life.

Set a reminder alert for every hour or set up an intermittent alarm that will cue you to pause and check in on the behaviours you are monitoring. In your tracking log, be sure to note the activity you are doing, the strengths you are using and how you are using the strengths. This will help you draw connections between your internal processes and your actual behaviours.

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

## Activity 4 – Use a Signature Strength in a New Way

Purpose: Take your strengths awareness to the next level, by building on your best qualities. Act in accordance with who you are and your authentic self.

1. Review your rank-ordered results and select one of your top strengths.

2. Use the strength in a new and different way each day for 1 week and make a note of how you have done this. You can find tips on how to do this here:

[www.viacharacter.org/topics/articles/tips-for-using-each-character-strength-in-a-new-way](http://www.viacharacter.org/topics/articles/tips-for-using-each-character-strength-in-a-new-way).

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Want more information and activities on character strengths? Head here:

[www.viacharacter.org/topics/strengths-basics](http://www.viacharacter.org/topics/strengths-basics)