

5. 7 DAY SIGNATURE STRENGTH CHALLENGE

your signature strengths

Research has shown that people who know and use their CHARACTER STRENGTHS are happier, healthier, less stressed, and more fulfilled.

And although this workbook has been about developing 6 POWER STRENGTHS, we shouldn't forget your SIGNATURE STRENGTHS.

These are the 5-7 strengths at the top of your strengths profile, that essentially make you, YOU.

using your signature strengths

When we do things using our SIGNATURE STRENGTHS it's as if everything is easy.

This is because over time you have wired your brain to work in this way through your thoughts, feelings, your behaviour and experiences.

developing your signature strengths

When you understand and develop your SIGNATURE STRENGTHS you get a better idea of who you are and what you are capable of.

This activity will help you to get a better understanding of your top 7 strengths.

your challenge

On the next page you will find a challenge for you to complete over the next week.

You are going to take your top 7 strengths (SIGNATURE STRENGTHS) and practice using them each day.

Day 1 use your number 1 strength, day 2 your 2nd strength, and so on.

Each morning take a moment to write down why you are grateful for having that particular strength.

And each evening, notice how you used that particular strength during the day.

gratitude

Research has shown that people who expressed their gratitude for their CHARACTER STRENGTHS for just ONE week were found to increase their happiness for up to 6 months.

Your 7 day challenge is designed to help you to feel happier as well as increase your knowledge and experience of how you use your SIGNATURE STRENGTHS.

enjoy your challenge

Good luck and we hope that you enjoy exploring your SIGNATURE STRENGTHS.

5. 7 DAY SIGNATURE STRENGTH CHALLENGE



In the morning write down WHY you are grateful for one of your SIGNATURE STRENGTHS.



In the evening write HOW you have used that SIGNATURE STRENGTH during the day.

1	I am grateful for my _____ because...	Today I showed my _____ when...

2	I am grateful for my _____ because...	Today I showed my _____ when...

3	I am grateful for my _____ because...	Today I showed my _____ when...

4	I am grateful for my _____ because...	Today I showed my _____ when...

5	I am grateful for my _____ because...	Today I showed my _____ when...

6	I am grateful for my _____ because...	Today I showed my _____ when...

7	I am grateful for my _____ because...	Today I showed my _____ when...