



How to use this workbook

This workbook is just for you, no one else!

We recommend you use it to complete the activities you are guided through during the modules.

Ideally you will print it out and have it next to you as you work through the modules.

There is real power in writing things down both for your own clarity and in defining clear goals, we hope you take the time to do this.

*"Watch your thoughts, they become your words.
Watch your words, they become your actions. Watch
your actions, they become your habits. Watch your
habits, they become your character. Watch your
character, it becomes your destiny."*

Understanding your strengths



Personal Reflection 1

Before you complete the survey, list your top character strengths, what are the things that you believe are your greatest assets?

How did you find that exercise, are you someone who finds it easy or hard to identify your strengths?



Personal Reflection 2

Reviewing your survey which if any of your top 5 strengths surprise you?

Reviewing your survey which if any of your top 5 strengths did not surprise you?



Personal Reflection 2

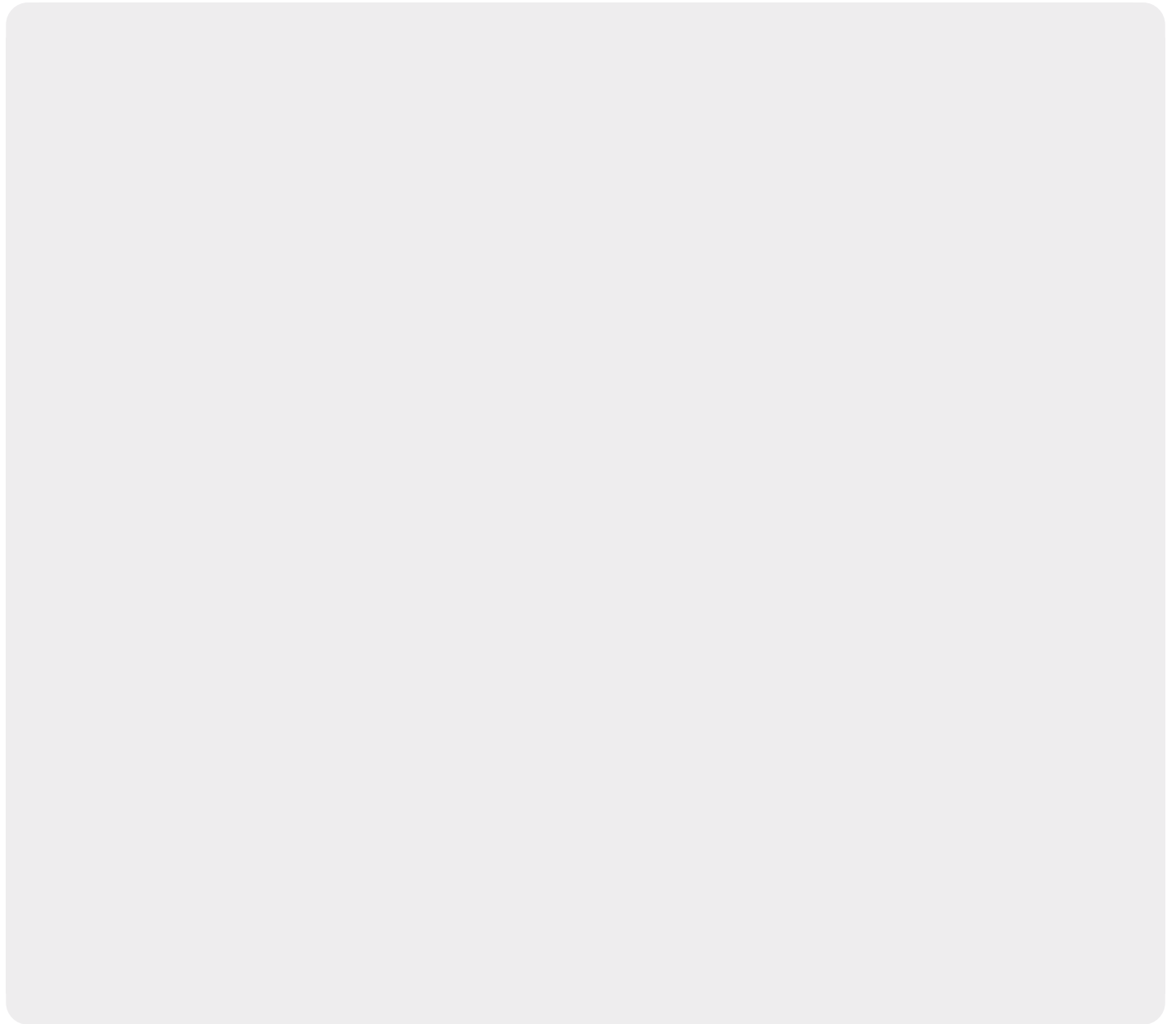
For each of your top 5 strengths think of an example of when you used that strength in this last week and write it down.

A large, empty, light gray rectangular area intended for writing reflections.



Personal Reflection 2

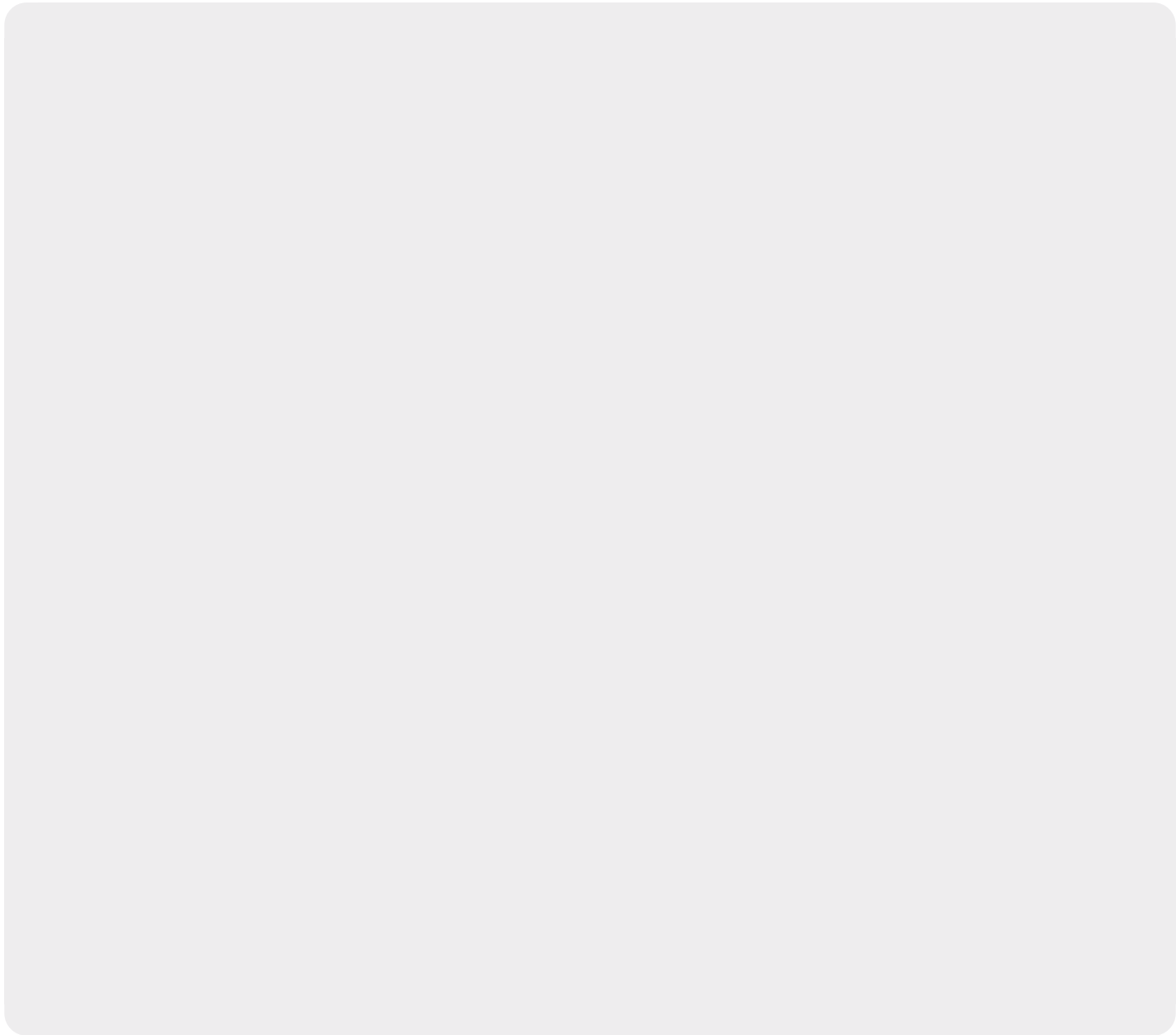
Are there any strengths that you would like to grow, if so which are they and why? What opportunities do you have to grow these strengths?





Personal Reflection 2

What opportunities do you have to grow these strengths?

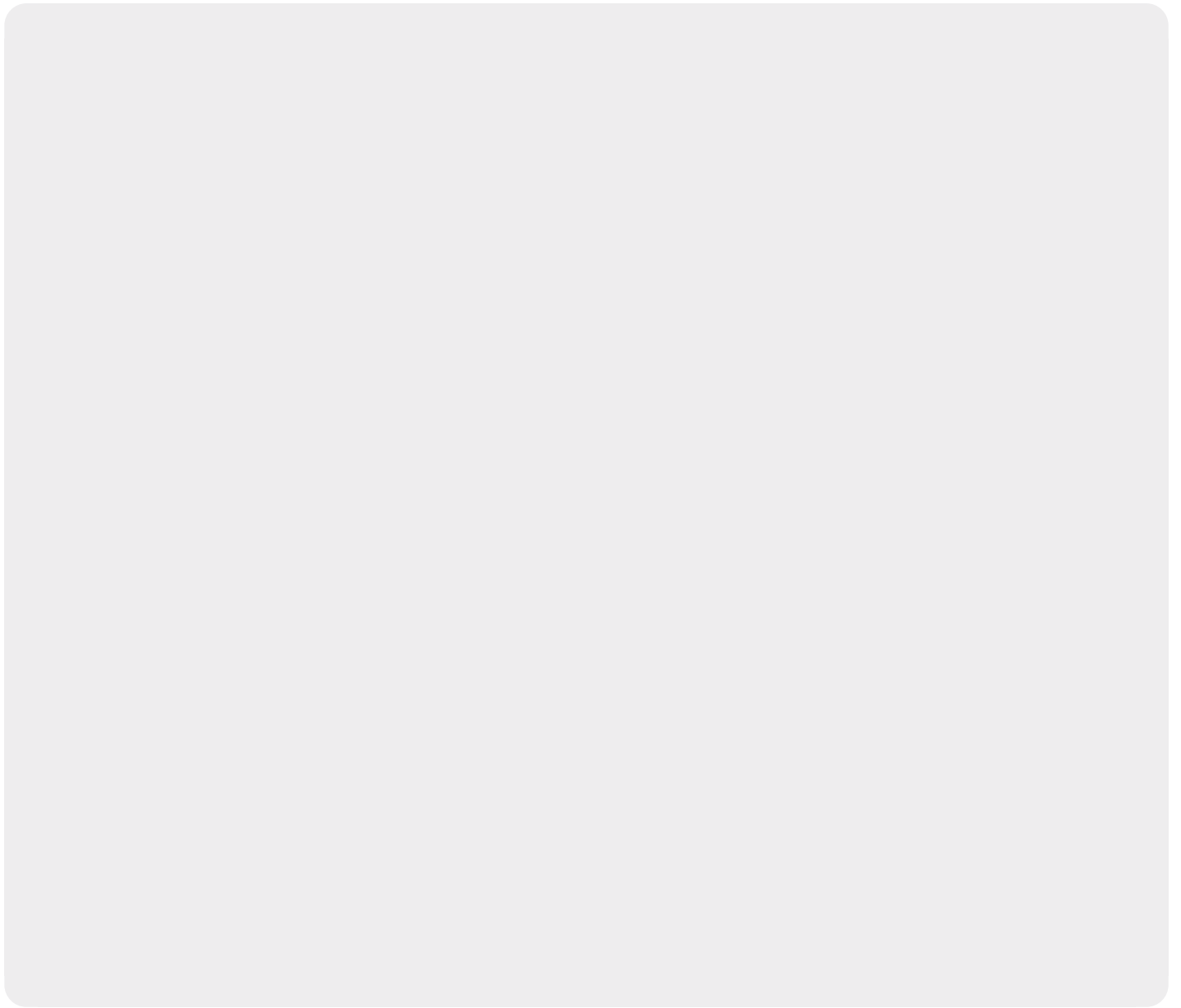


Character strengths and your relationships



Personal Reflection 3

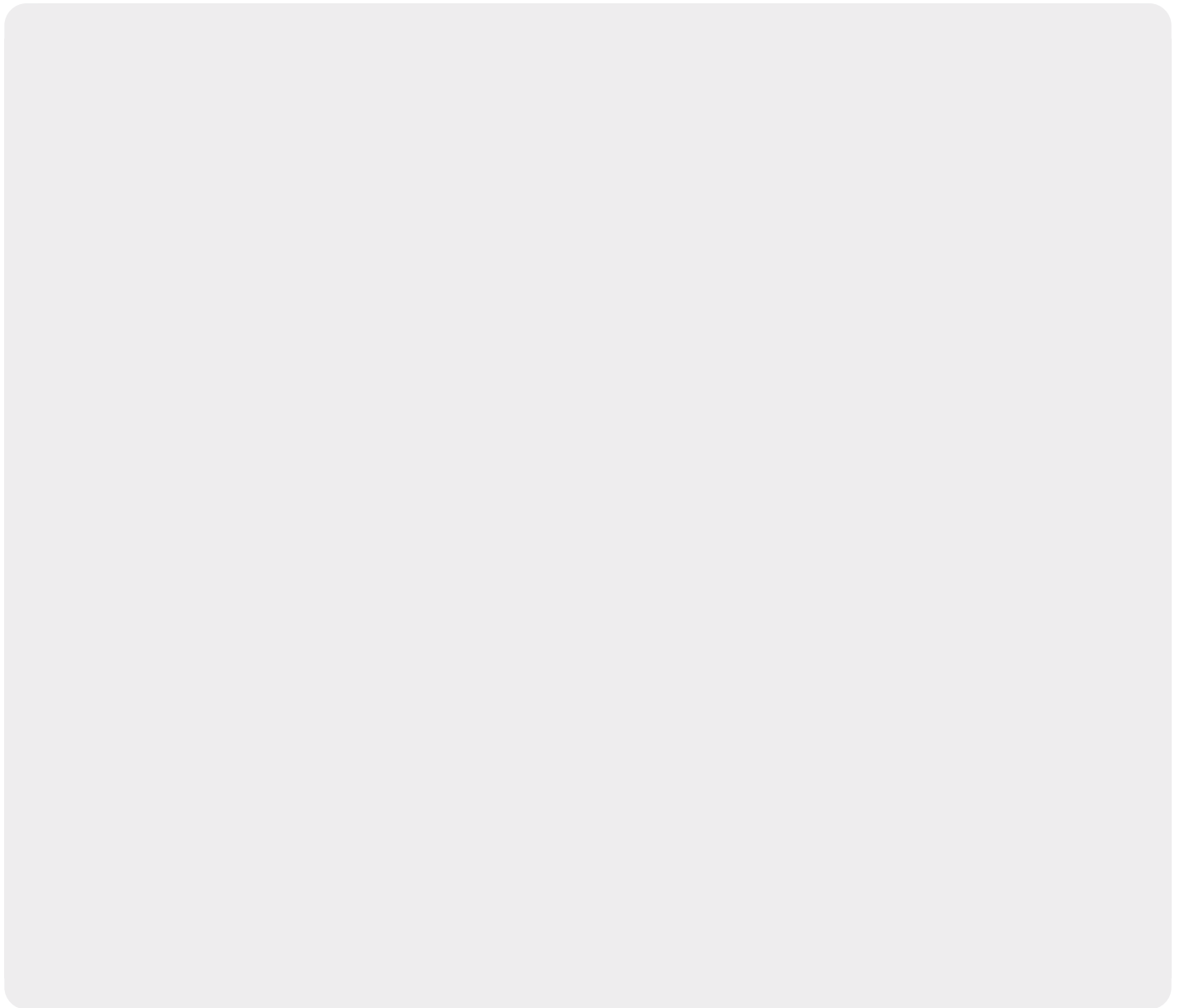
Think of a recent big event in your life, it may have been a job change or moving house or a relationship change. How did you use your strengths during this situation?





Personal Reflection 3

Are there any other strengths that would have helped you in this situation and if so, which ones and why?





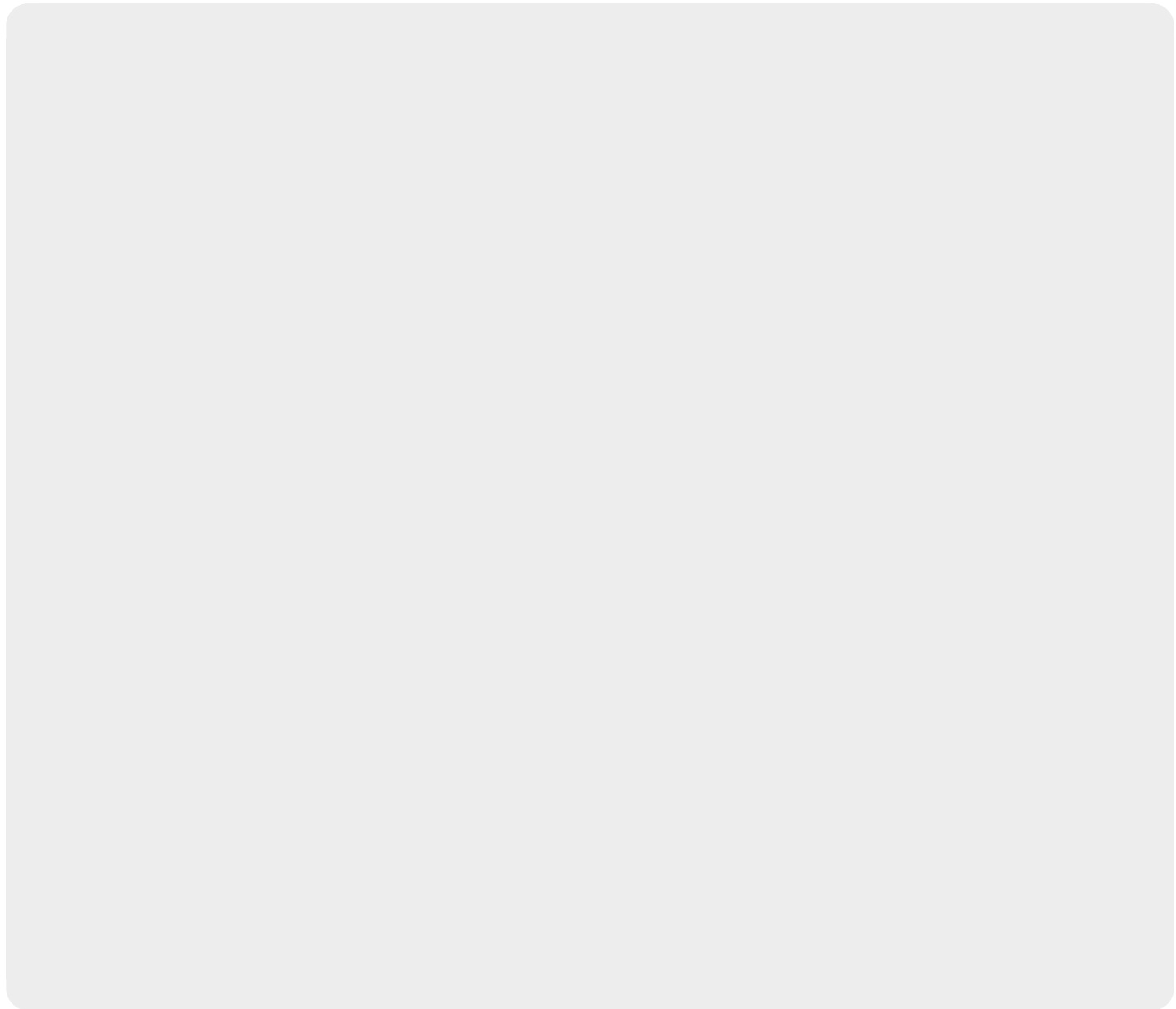
Personal Reflection 3

Now, imagine someone else close to you was going through that same situation. Firstly, think about what you think their top strengths might be and list them here.



Personal Reflection 3

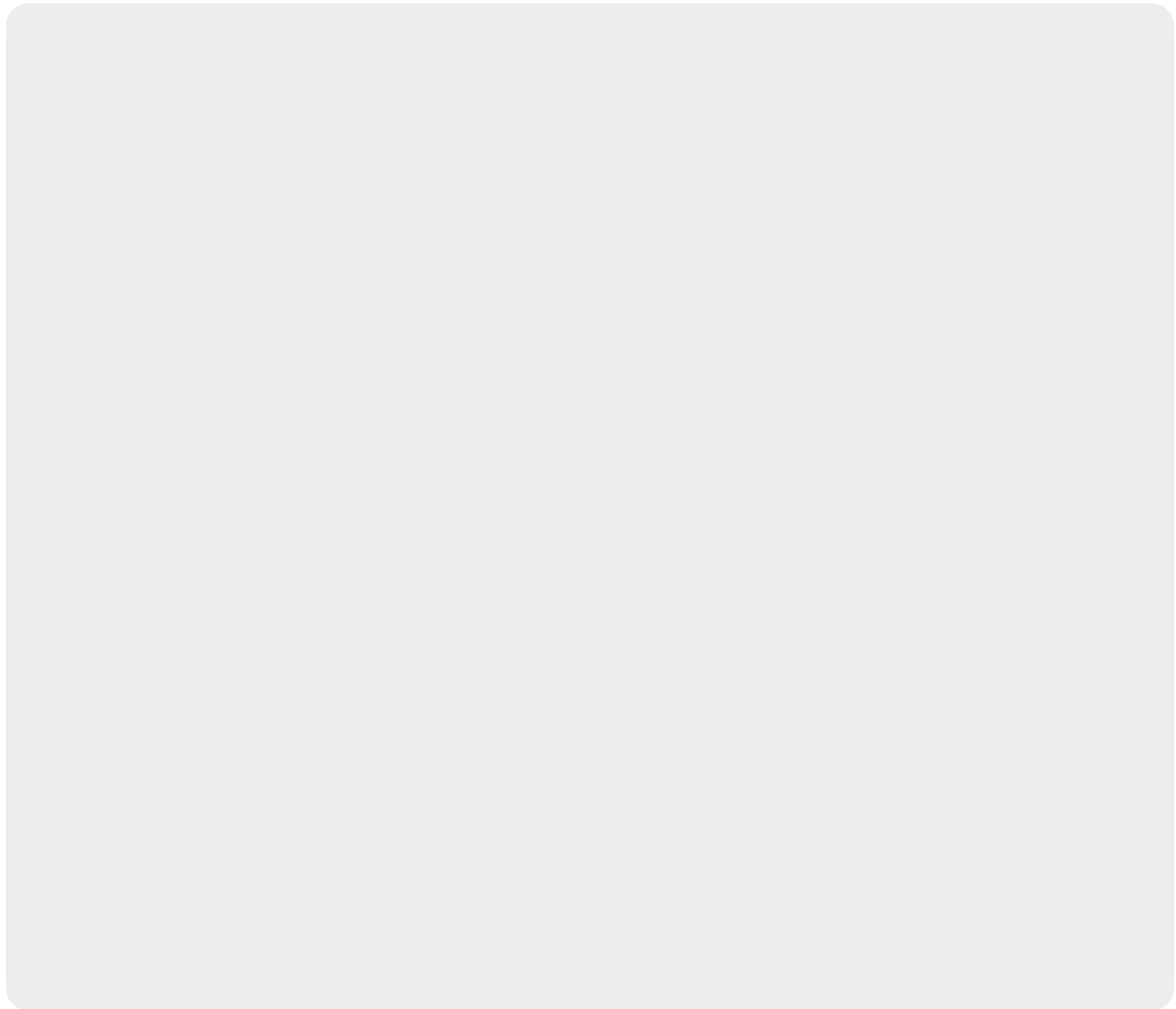
How do you think they would of handled that same situation and which strengths would they of used? Which strengths might they wish they had more of? Take notice of any differences between yourself and them.





Personal Reflection 3

Think about 2 or 3 people who you think could really benefit from a greater understanding of their strengths, write their names down here and think about how you plan to help them with this.



My action plan



Strengths spotting

As you get used to the concept of strengths it can be really useful to take 5 minutes at the end of each day to consider how you have used your strengths and how they have helped you.

We've prepared a handy print out for you to keep yourself on track with this.

Can you spare 5 minutes a day to focus on you?



STRENGTHS SPOTTING

MY TOP 5 STRENGTHS

DID I USE MY TOP STRENGTHS TODAY? HOW DID THEY HELP ME?

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

SUNDAY

HOW DID I DO THIS WEEK?





"Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny."

