

How to Use Your Signature Strengths

When you discover a new strength, it can be exciting and overwhelming. You may not know how to harness it to help promote personal growth and success.

This worksheet provides an outline of each character strength, as well as some ways you can apply each in your everyday life. Fill out the [VIA Strength Assessment](#) to learn more about your untapped character strengths.

- 1) **Creativity**
Draw a picture or create a painting detailing your favorite activity or place.
- 2) **Curiosity**
Try a new activity or hobby for the first time.
- 3) **Judgement**
Educate yourself on two different viewpoints of the same issue.
- 4) **Love of Learning**
Pick a skill that you've always wanted to learn and watch a how-to video introducing you to it.
- 5) **Perspective**
Write down your thoughts on an event and list possible solutions.
- 6) **Bravery**
Write down one thing that you are hesitant to do and take the first step towards conquering it.
- 7) **Perseverance**
Complete a task you have been procrastinating completing.
- 8) **Honesty**
Try to be completely truthful in all your interactions with others for one day.
- 9) **Zest**
Express your energy in a new and exciting way.
- 10) **Love**
Do something to show your appreciation for someone you care about.
- 11) **Kindness**
Do something kind for yourself.

- 12) **Social Intelligence**
Start a conversation with someone you've never met.
- 13) **Teamwork**
Work collaboratively with someone at work, at home or in your friend group to complete a task.
- 14) **Fairness**
Educate yourself about an issue where there is a group that is marginalized and come up with an initiative to contribute to the cause.
- 15) **Leadership**
Read about the tenants of leadership and apply them to a situation where you need to be assertive.
- 16) **Forgiveness**
Forgive yourself for one of your past mistakes.
- 17) **Humility**
Ask someone you trust to give you feedback on where you can improve.
- 18) **Prudence**
Take a minute to think of alternate outcomes before making a decision.
- 19) **Self-Regulation**
When you feel stressed out, take 3 deep breaths and engage in a mindful moment.
- 20) **Appreciation of Beauty and Excellence**
Find something beautiful, in nature or in your home, that stands out to you.
- 21) **Gratitude**
Start a gratitude journal where you document things you are grateful for.
- 22) **Hope**
Consider a struggle or problem you are having and write down two thoughts that bring you comfort.
- 23) **Humor**
Do something spontaneous and playful in the mirror.
- 24) **Spirituality**
Read about different types of religion and spirituality. Identify a belief that resonates with you.