

## Aware-Explore-Apply Model

Once character strengths have been identified, it is helpful to use the following questions to understand the strengths, how they could be meaningful, and how to utilize them (Niemiec, 2018).

### Aware

Increase your self-awareness of what your character strengths mean to you:

**What is your first reaction to your identified strengths?**

**Do you feel your top strengths reflect who you are?**

### Explore

Try and connect your character strengths with your past successes:

**Think of past successes. What strengths were you using?**

**When you were anxious, stressed, or faced obstacles, which strengths did you lean on?**

**Apply**

What actions can you take or goals can you set to use your strengths more often?

**Which strengths would you like to use in your daily life?**

**How might you use your strengths to reach your goals?**

**References**

- Niemiec, R. M. (2018). *Character strengths interventions: A field guide for Practitioners*. Boston: Hogrefe.

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