

Strengths Use Plan

People who know their strengths and use them frequently tend to have higher self-esteem, better moods, and less stress. Learning to use strengths is something anyone can achieve.

In this activity, you will create a plan to use your strengths every day, for one week. You may use your strengths in either new or familiar ways. The key is to use your strengths intentionally and *purposefully*, rather than as part of habit or routine.

Step 1: Circle three of your greatest strengths, or write your own.

Creativity	Curiosity	Love of Learning	Bravery
Honesty	Love	Kindness	Social Awareness
Leadership	Forgiveness	Humility	Self-Control
Optimism	Humor	Spirituality	Flexibility
Persistence	Appreciation of Beauty	Gratitude	Enthusiasm
Teamwork			

Step 2: For the next week, write a brief plan for using your chosen strengths.

	Day	Strength	Plan
Example	1	Kindness	I will bring in breakfast for the office.
	2	Curiosity	After dinner, I will drive to a new part of town and go for a walk.
	3	Curiosity	I will watch a documentary with my friend and discuss it afterward.

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For the next week, write a brief plan for using your strengths.

Day	Strength	Plan
1		
2		
3		
4		
5		
6		
7		