

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	
	2	Curiosity	
	3	Curiosity	