



EmpowerHub

TIPS & TECHNIQUES

Character Strengths

Here are the 24 Character Strengths plus tips for using them in new ways.

1. Appreciation of Beauty and Excellence – take time to notice an instance of beauty around you every day of the year. It could be a sunrise, sunset, rainbow, snowfall, trees, flowers, the colour of the sky, an animal, a building, a piece of art.
2. Bravery – consider one of your personal fears. Take one small step towards reducing this fear.
3. Creativity – Audition for community theatre, a choir or singing group. Take up a photography, sewing, pottery, sculpture, painting or dance class.
4. Curiosity – Eat food from a different culture, explore its cultural context and become aware of your thoughts.
5. Fairness – The next time you make a mistake, self-monitor to see if you admit it.
6. Forgiveness – Let go of a minor irritant or a grudge you may have against someone.
7. Honesty – Monitor every time you tell a lie, even if it is a small one. Try to improve on this every day.
8. Hope – Consider a problem you may be experiencing. Write down two optimistic, realistic thoughts that bring comfort.





9. Humility – Resist posting an accomplishment on social media.
10. Humour – Go to a comedy show, watch a funny movie or tell someone a joke.
11. Judgement – Ask one or two questions of someone who has a different view or approach to life than you have (e.g., a vegan).
12. Kindness – Purchase food for a homeless person you see begging on the street.
13. Leadership – Gather and lead a group to help support a cause you are passionate about.
14. Love – Surprise someone with a small gift or note that shows how you feel and that you care.
15. Love of Learning – Converse with someone on a topic of mutual interest.
16. Perseverance – Complete an activity or project that you have been putting off.
17. Perspective – Examine a world event from historical, cultural and economic perspectives.
18. Prudence – Consult someone else before you make a final decision.
19. Self-Regulation – Avoid talking negatively about others in their absence.
20. Social Intelligence – Start up a conversation with someone whom you would not normally interact with. This could be someone at the checkout, a telemarketer, a charity worker who is door knocking.
21. Spirituality – Spend at least 10 minutes daily in breathing deeply, relaxing or meditating (empty your mind of thoughts and self-talk).





22. Teamwork – Become involved in a sport in your workplace, town or suburb.

23. Zest – Express your energy by wearing a loud piece of clothing or brightly coloured accessories such as sunglasses, shoes or jewellery.

24. Gratitude – When you sit down to eat a meal, tell the person sitting next to you one thing you are grateful for on that day.

