

LOVE OF LEARNING

You are open to new skills and information because you love to learn. You want to learn from your mistakes rather than feeling sorry for yourself. You are willing to learn no matter where and when.

JUDGEMENT & CRITICAL THINKING

You tend to gain a balanced view by not jumping to conclusions before making a decision. You make a risk assessment and also examine your needs and wants before acting on them. You view things objectively.

COURAGE & BRAVERY

You have the courage to act according to your convictions rather than other people's expectations. You may feel fearful but you face the day with courage no matter what. You are of good cheer through pain, humiliations or illnesses. You are bigger than these.

GIVING & RECEIVING LOVE

You have an affectionate nature and are thoughtful in your behaviour towards those close to you. You allow yourself to be vulnerable and open to intimate sharing and caring. You value receiving attention and are not afraid to commit yourself to deep sharing with another person as you appreciate love in all its aspects.

Wisdom Strengths

PERSPECTIVE

You have a wisdom and an understanding which help you to develop a balanced view and see things in the right context. Other people might look to you to help solve their problems through your experience and ability to see the bigger picture.

Courage Strengths

HONESTY & INTEGRITY

You live your life in a sincere, transparent, truthful way committed to what you truly believe is important. You speak the truth and you act according to your heart and mind. You are genuine and you unknowingly remind others of this quality.

PERSEVERANCE & DILIGENCE

You carry out work carefully and diligently. You keep going when others give up. Once you commit to something you see it through to the end. You enjoy the work without obsessing on perfection. You are ambitious in the best sense.

Humanity Strengths

SOCIAL – EMOTIONAL & PERSONAL INTELLIGENCE

You have an ability to tune into other people's feelings and to respond accordingly. You know your own feelings and needs and how to fulfil them in a healthy manner. This enables you to understand other people's needs and communicate compassionately and respectfully with them. You know your own best qualities and find ways and places to develop and express these while adapting to the needs of others around you.

CREATIVITY & ORIGINALITY

You think or behave in an innovative and creative way that others might not have thought about. You bring about good results through your imaginative ways either directly or indirectly through the arts.

OPEN-MINDEDNESS & INTEREST

Healthy curiosity can be learned from small children or animals who look without judging. They are interested in every point of view and not upset by irregularities or opposite opinions, it is all something to explore.

PASSION & ENTHUSIASM

You tend to become absorbed and fully engaged in what you do. You have a sense of vocation and ability to lose self-awareness and merge with the task at hand. You feel inspired and look forward to engaging with challenges.

KINDNESS, COMPASSION & GENEROSITY

You enjoy giving freely of your time, you support others in their struggle for happiness and fulfilment. You share of your resources and give without expecting something in return. You help people feel very comfortable as you see them as equally worthy. You are respectful towards everyone no matter what other people might think or say.



ROLEPLAY with STRENGTHS

Choose an activity from this list:

- Preparing a party
- Looking for a flat
- Choosing a birthday present
- Planning a journey
- Making food
- Doing housework

or Make up your own situation

Then roleplay with someone or write out what you would say and do using one of the wisdom, courage or humanity strengths from above.

Examples

Situation: looking for a flat Strength: loving to learn
I ask lots of questions and investigate lots of different possibilities regarding the area, the cost, chances of renovation, public spaces and transport

Situation: looking for a flat Strength: giving & receiving love
I make contact with the neighbours to see if I'll get on with them, I ask my friends whether they like the area, I look for signs of care & love

Experiment to discover how you might act differently when you use a different strength.

AS A GAME:

Game 1:

One person chooses a strength to act out in a particular situation (see suggestions above) while the other person just plays along.
The other person or the class guesses which strength is being used.

Game 2: Both people have secretly chosen a strength to use in the situation. Again the class (or the other person) guesses which strength.

Game 3: The teacher/facilitator gives each participant a particular strength to use in the role-play
Other people guess which these are/ The class simply discusses how differently we act according to our particular strengths

ADAPTATION:

Instead of acting out in front of the class, do the role-play in a small group or with just one person, if alone write out a plan of how to approach one of the above situations but with different strengths.