

24 Character Strengths

Justice



Leadership

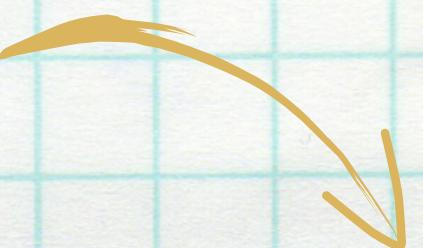


Teamwork



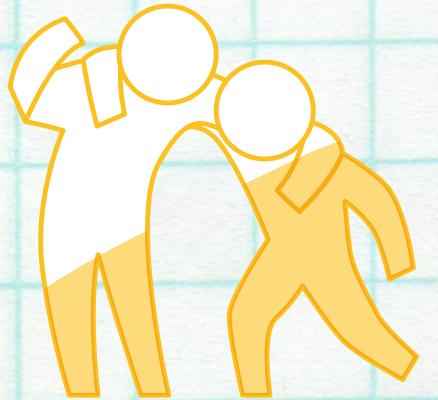
Fairness

Discover a few ideas
how to use your
strength

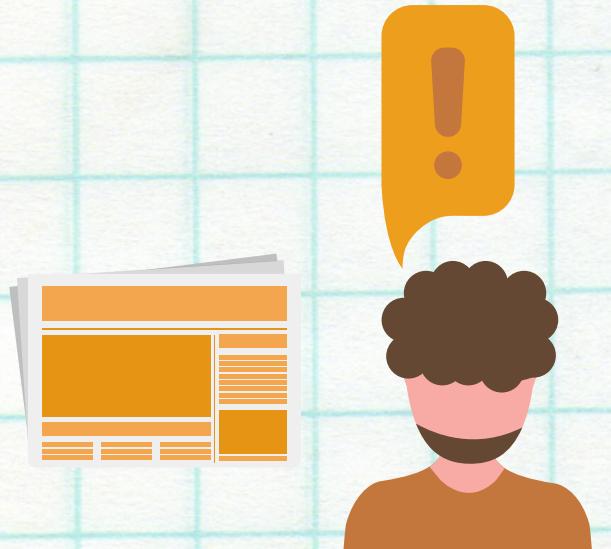




Justice FAIRNESS



Bring someone into a conversation who is always excluded



Discuss openly a major issue relating to social justice (social media, a letter to a newspaper)

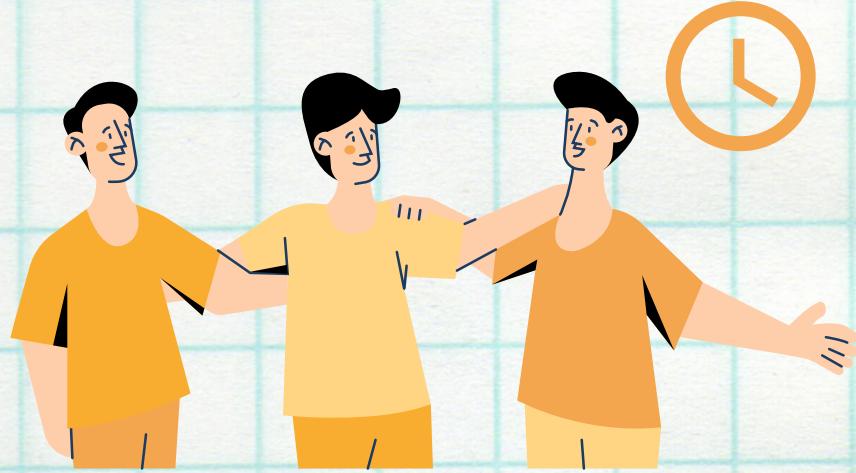


Search for people or animals that are mistreated and treat them right



6 ideas how to use it

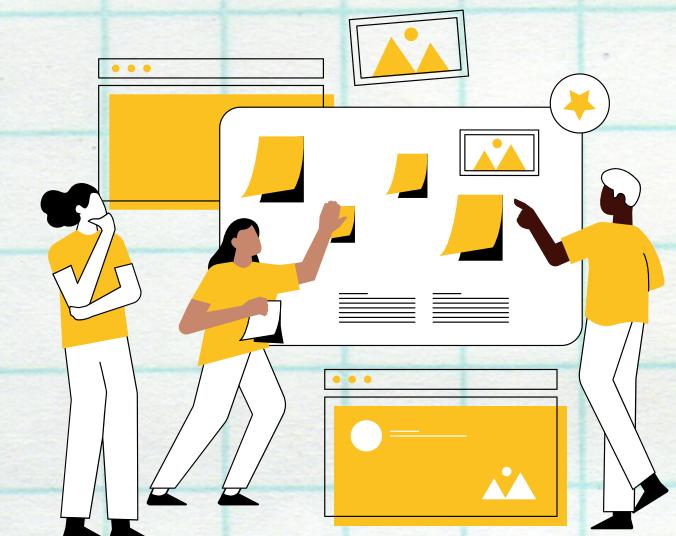
Mull over ways to be fairer with your friends and relatives - do you spend enough time with them?



Ask for different opinions while facing a problem



Involve your colleagues in decisions that concern them and let them question your ideas





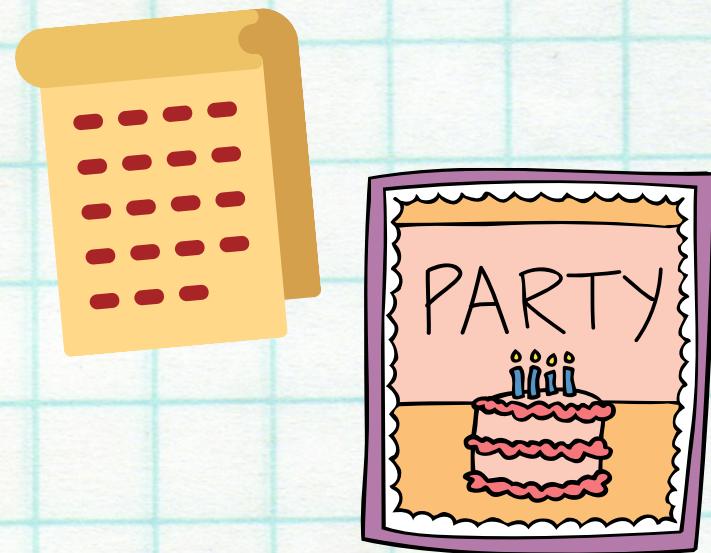
Justice LEADERSHIP

6 ideas how to use it



Further a cause you believe in by setting up a group and leading it

Talk to your subordinates about their top strength and boosting its usage at work



Plan and organise a social event at work, even someone's birthday



Who is or was your role model regarding leadership? What kind of behaviour might be good to imitate?



Be your own leader - deal with something you've been dragging your feet on - outline a plan!

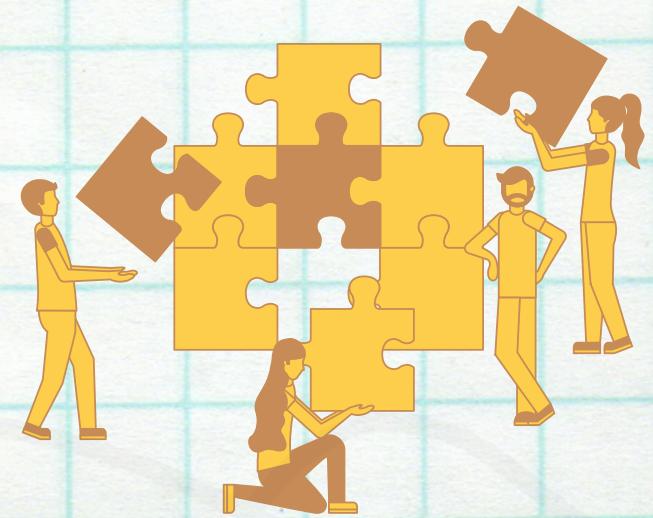


Plan a family gathering that involve members who don't normally spend time together





Justice TEAMWORK



At work, look back on a positive team collaboration and mention it during your next team meeting

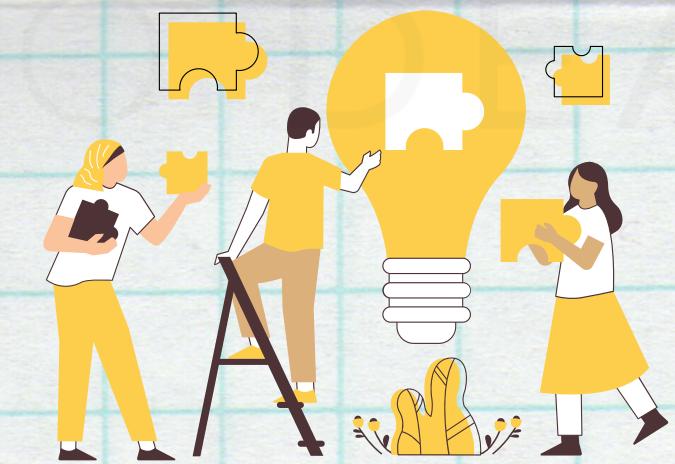
Praise your team members for their strengths



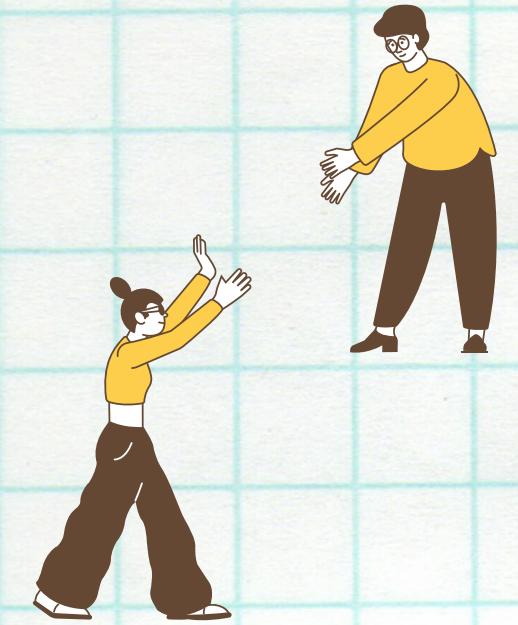
Join a community service project in your town

6 ideas how to use it

Next time when your friend shares their problem with you ask them if you can face the problem together as a team



If your colleagues are struggling with a task, check if they need help with one of the elements



In which ways are you and your intimate partner a "team"? Tackle your next obstacle with this approach



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References:

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Niemiec R.M. and McGrath R.E., (2019). The Power of Character Strengths: Appreciate and Ignite Your Positive Personality. The United States of America.