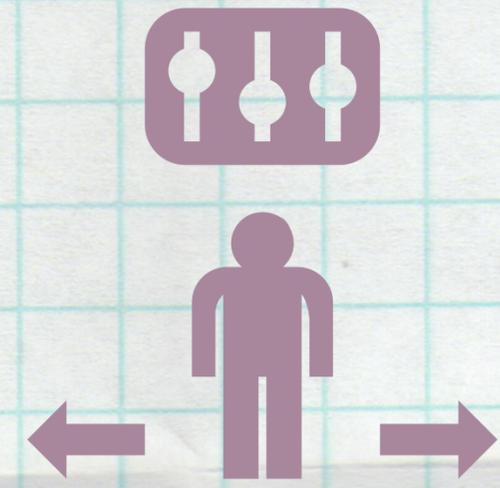


24 Character Strengths

Temperance



Prudence



Self-regulation

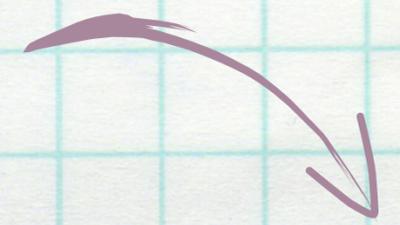


Humility



Forgiveness

Discover a few ideas
how to use your
strength





Temperance PRUDENCE

6 ideas how to use it



Think twice before you make a decision that is typically easy for you

Think back - for sure you used prudence to benefit a close relationship of yours. What was that?



Jot down the list of things you plan for the rest of the day, no matter how petty they are



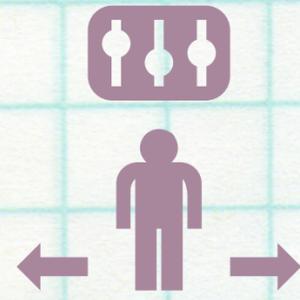
While confronting a challenge - conduct a cost-benefit analysis



Block out all the distractions while making 3 crucial decisions at work

For one week think carefully before you say anything - then analyse the results





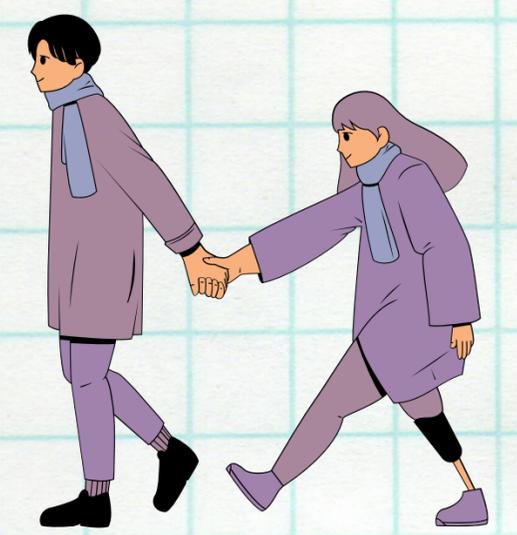
Temperance SELF-REGULATION

6 ideas how to use it



Keep a track of how you treat your body in terms of food and drink - jot everything down

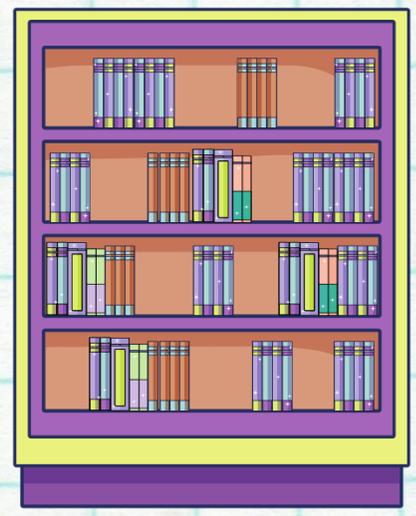
Come up with a new idea how to stick with your walking or exercise routine - maybe someone close to you would like to join?



Take a deep breath 10 times when you feel stressed out

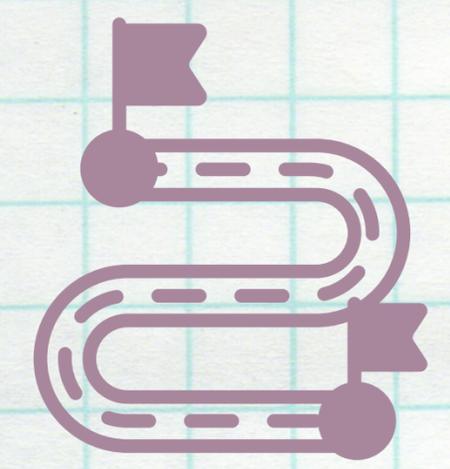


Pay attention to your body alignment - are you slouching? If so, straighten up! Monitor that throughout the day



Try to make your life easier by organizing your space more effectively

What's your long-term goal? Use your self-control and stick to your devised plan





Temperance HUMILITY

6 ideas how to use it

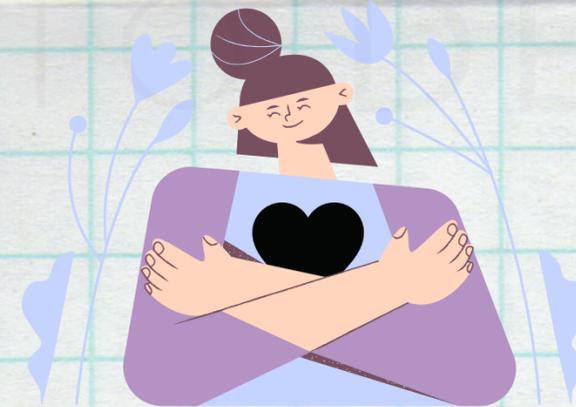


Think of a situation in which you're the one who mainly talks - next time let someone else do the talking

Try to find a modesty role model in your community. Why do you find them humble?



Have a talk with someone you trust and ask for their opinion on your strenghts and weaknesses

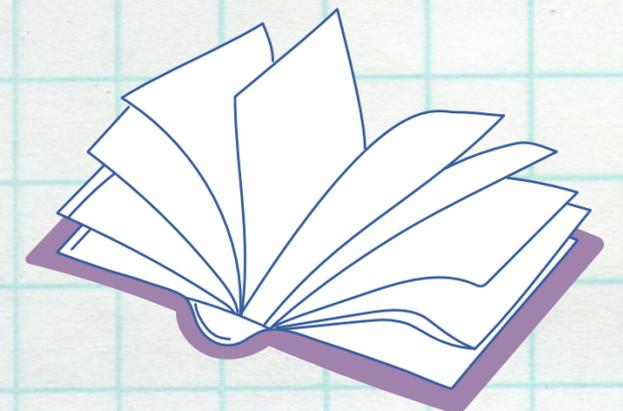


Reflect on your own strenghts and skills and appreciate them in a positive and humble way



At work listen carefully to what your team members have got to say and recognise their ideas

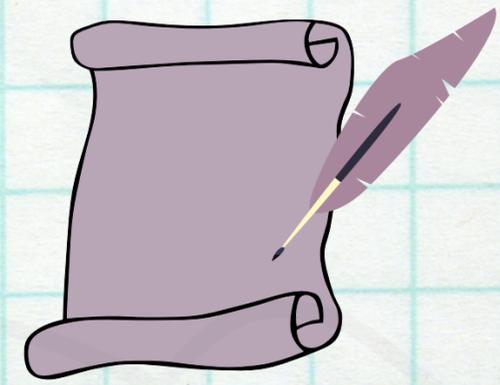
Ponder over the time when your humility benefited one of your relationships - jot it down





Temperance FORGIVENESS

6 ideas how to use it

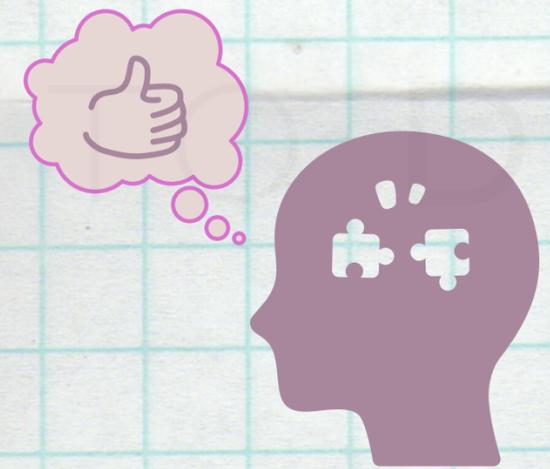


Create a list of people who hurt you. Talk the grudge over with one of them

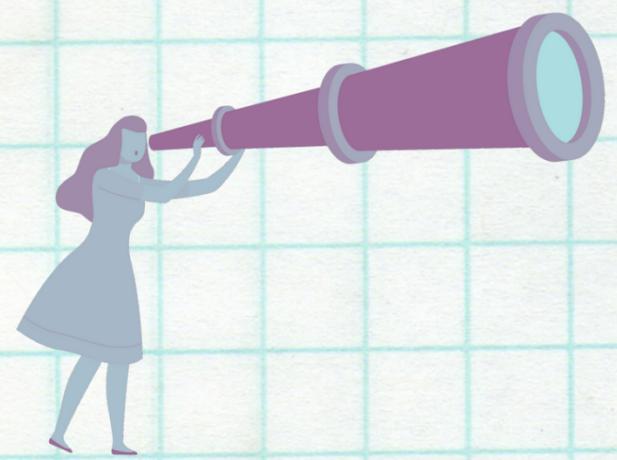
Forgive a minor wrongdoing



No one is perfect - allow yourself to err



Find positive consequences that accrued from negative events



If someone offended you at work try to see the situation through their eyes

Practise forgiveness in everyday situations - e.g. when someone jumps the line



Disclaimer:

The materials on this website are provided for information, educational, and entertainment purposes only. The information provided on the website is no substitute for professional medical or psychiatric or financial advice where applicable.

References:

Niemiec R.M., (2018). Character Strengths Interventions. A field Guide for Practitioners. Germany: Hogrefe Publishing

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