

# 24 Character Strengths

# Transcendence



**Spirituality**



**Appreciation of beauty and excellence**



**Gratitude**

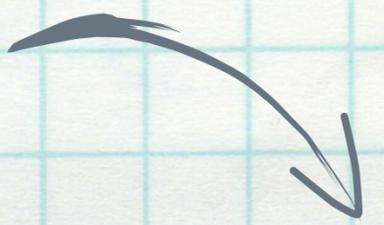


**Hope**



**Humour**

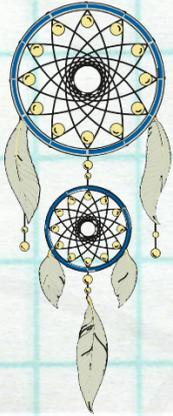
Discover a few ideas how to use your strength





# Transcendence SPIRITUALITY

## 6 ideas how to use it

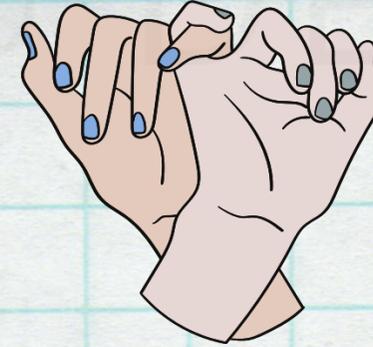


**Create your private spiritual ritual for a vital event in life**

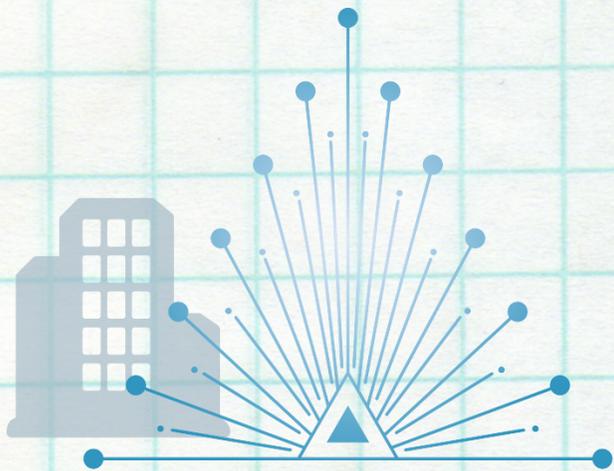
**Read about different religions and try to find commonalities**



**Contemplate the meaning of the moment**

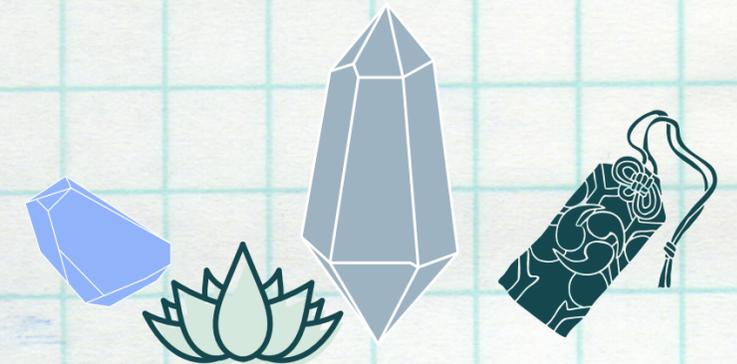


**Who is important to you? Talk about the sacredness of the relationship with that person**



**Find a sacred place in your surrounding, go there and come up with ideas how to improve it**

**Put a meaningful item on your desk so it could remind you that life is sacred**





# Transcendence APPRECIATION OF BEAUTY AND EXCELLENCE

## 6 ideas how to use it



**Spend at least 20 minutes outside, pick beautiful surroundings and just stand drinking in the sight**

**Listen to music together with your friend so you could feel good vibes together**



**Put on some music that is considered amazing - ponder over the incredible talent behind it**

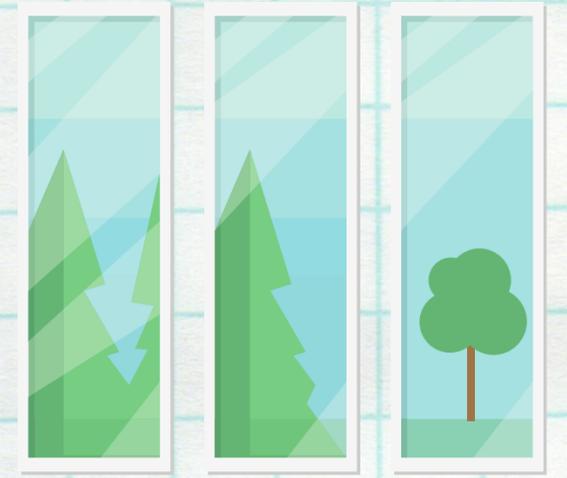


**Arrange your nearest workspace in such a way that it's pleasant for your eyes**



**Walk around your neighbourhood - try to spot something beautiful**

**When you have a break at work look out a window and relish the beauty you can spot**





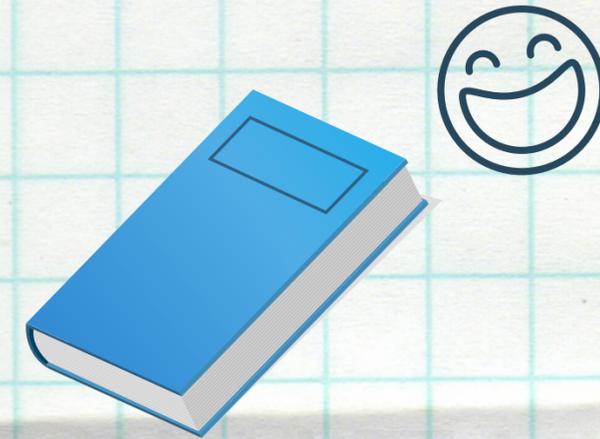
# Transcendence HUMOUR

## 6 ideas how to use it

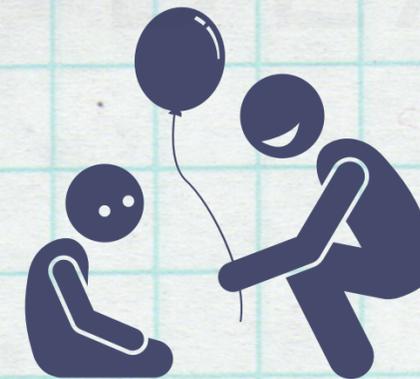
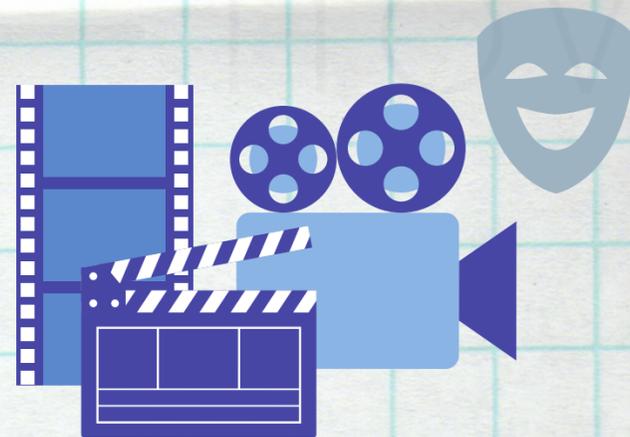


**Fool around a bit, do something funny around another person**

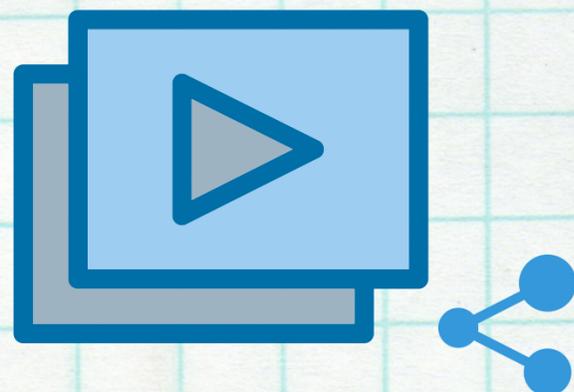
**Write down funny situations at work, and after some time share the stories with your workmates**



**Watch a comedy that is a classic but you haven't seen it so far**



**Try to cheer up someone who's been cast aside or feels blue**



**Share a funny video with your colleagues - but mind good timing!**

**While having a difficulty in a relationship, try to look at it from a more humorous perspective**



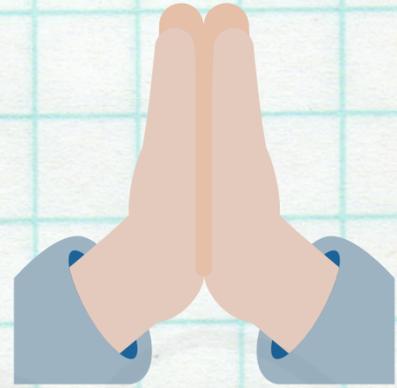


# Transcendence GRATITUDE

## 6 ideas how to use it



**Make a list of 3 positive things that took place at work and ponder over the reasons behind them**

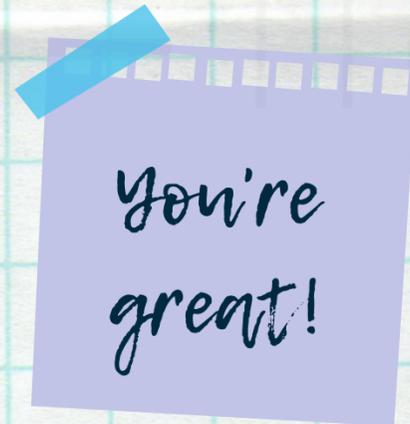


**Say "thank you" to someone who's worthy of it but is normally not recognized**

**Every evening write down one positive thing that occurred in one of your relationships**



**Leave a gratefulness note or send an e-mail to someone who deserves that**



**Show your appreciation to someone who is a service worker, e.g. a bus driver**



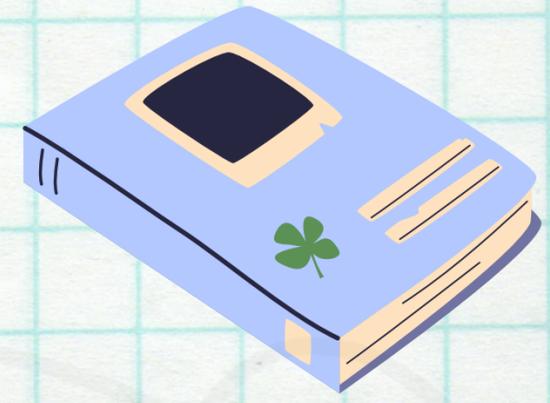
**What is something about you that you've been taking for granted? Try to appreciate that thing**





# Transcendence HOPE

## 6 ideas how to use it



**What kind of problem are you facing? Write down two realistic thoughts that can comfort you**

**Organise a discussion event to talk about and analyse a film which conveys hope**



**Watch a movie that conveys a hopeful message and think how it relates to your life**



**Use your strength at work showing others how everything can work well in the future despite obstacles**



**If your friend feels blue offer them optimistic yet realistic remarks, try to show them which steps they may take to move forward**

**What would your best version of yourself be like? Envision how your best self would behave in a close relationship**



## Disclaimer:

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## 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.**