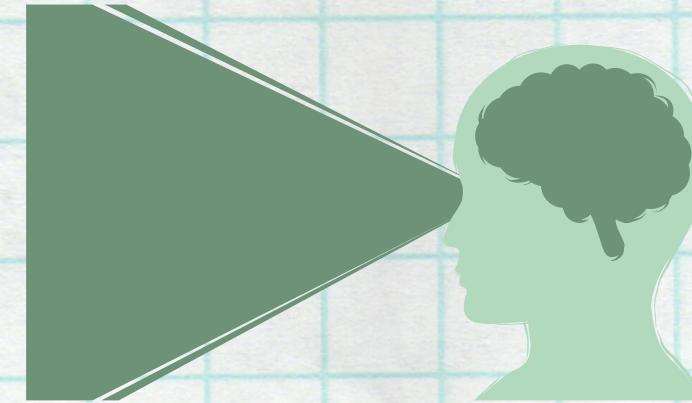


24 Character Strengths

Wisdom



Curiosity



Perspective



Love of Learning

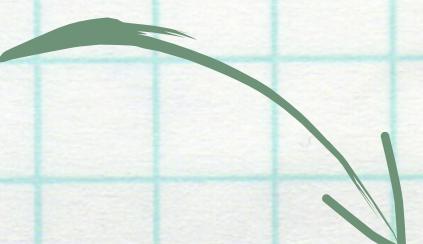


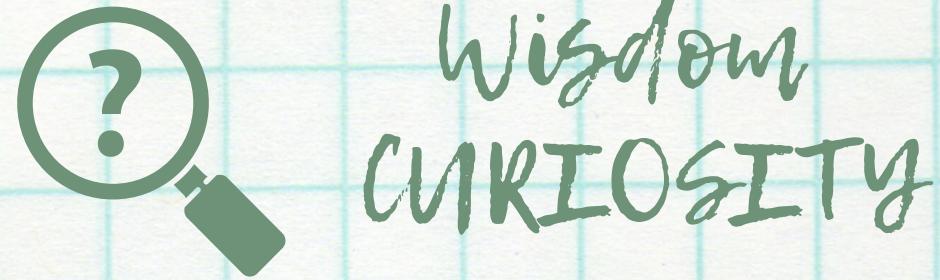
Creativity



Judgement

Discover a few ideas
how to use your
strength





Wisdom CURIOSITY

6 ideas how to use it



**Find out what
sparks curiosity in
your friend.
Explore it together**

**Ask more
"Why?" questions at
work.**



**Make a list of things
you don't know about
your friends. Ask
them questions**



**Find 3 unique
features of an
activity that you
detest at work.**



**Eat something from a
different cuisine,
something you
haven't tried so far.**



**Come back home
taking a new route
and pay attention to
the surrounding.**



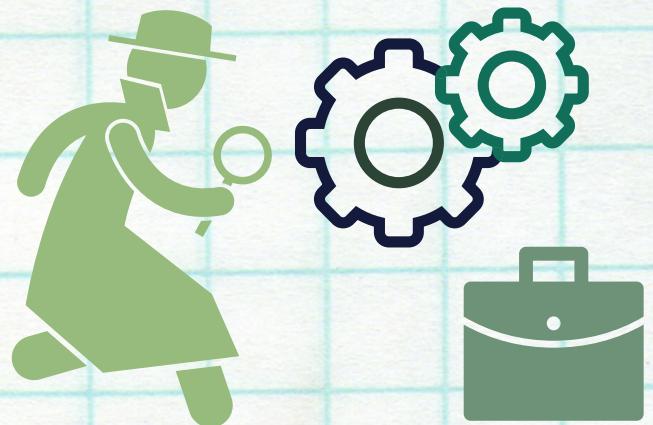
Wisdom JUDGEMENT

6 ideas how to use it



Keep your mind open and watch a political program that presents a point of view different than your own

Find someone of a different lifestyle or beliefs than yours and ask them a few clarifying questions (e.g. a vegan)



Investigate different approaches to a problem at work which you might be biased about



Use your skill of getting into details at the earliest opportunity at work

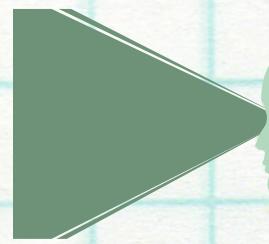


Read an article about something that don't coincide with your opinion. Avoid prejudging.



What do you feel strongly about? For one day behave as though you had the opposite point of view (keep it positive!)




 wisdom
PERSPECTIVE

“  ”

During one of the conversations today: first listen carefully, then express your opinion.



When do your friends find your perspective beneficial and when they don't? Ask them.

What is the wisest quotation you've stumbled upon? Come up with one idea how you can live more true to it.



6 ideas how to use it

When you face a challenge at work, make inquiries outside your inner circle - learn different perspectives.



At work give your colleague a hand when you see they are in trouble, help them gain a fresh perspective

Analyse the character strengths of your community.



Wisdom LOVE OF LEARNING

6 ideas how to use it



Find some new information about your interests



Brainstorm with your supervisor possible trainings for you that could be useful at work



Explore some of Gandhi's works online

See if there's a new building or business in your vicinity and learn more about it.



Learn more about some community topic and think how your knowledge can come in handy



Strike up an in-depth conversation on a topic worth exploring

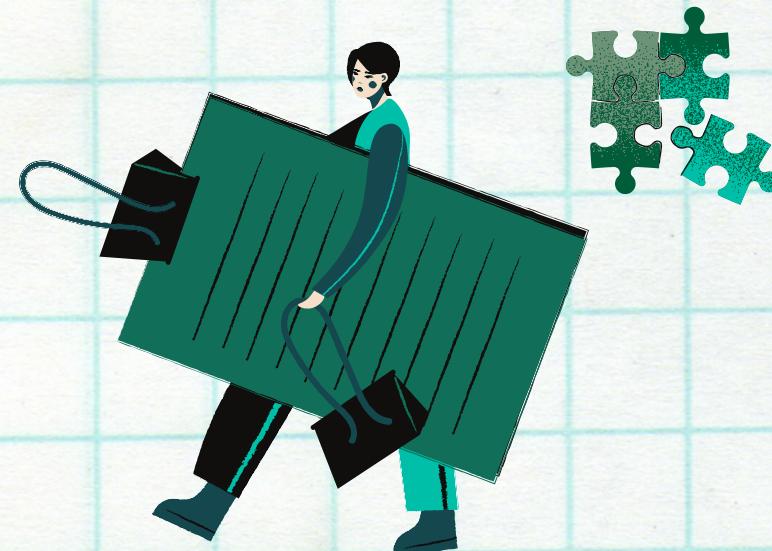




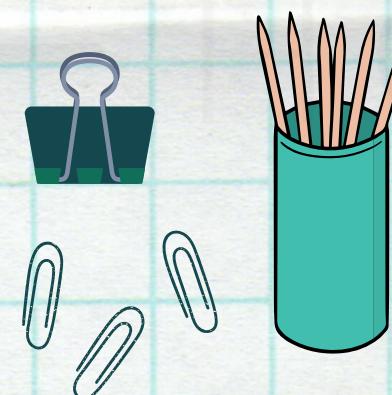
Wisdom CREATIVITY



Can you turn everyday objects into something new and useful?



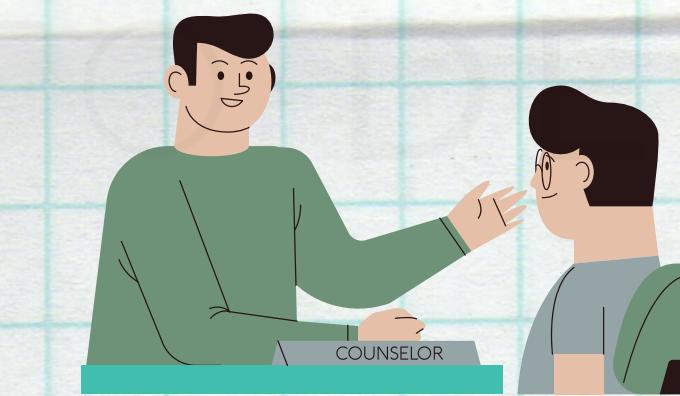
At work come up with out-of-the-box ways to complete a mundane task



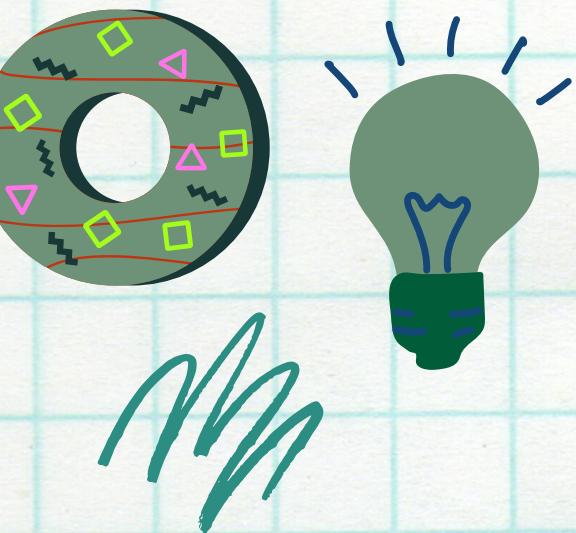
6 ideas how to use it

Come up with two solutions to your current problem and try to mime them to someone

"CREATIVITY TIME"! Every single day find time to put creativity first at work



Write something, draw, or paint and then show it to others



Disclaimer:

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