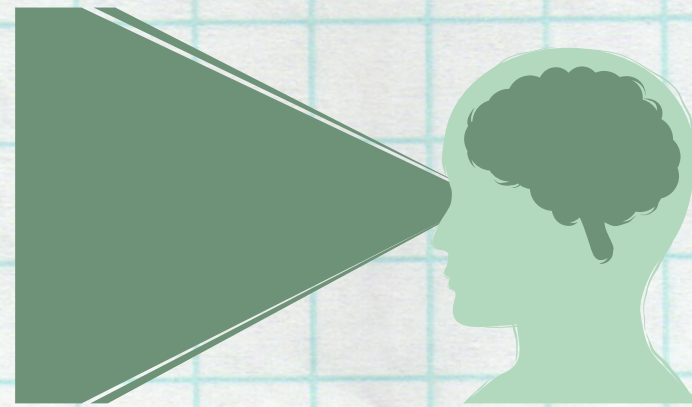


24 Character Strengths

Wisdom



Curiosity



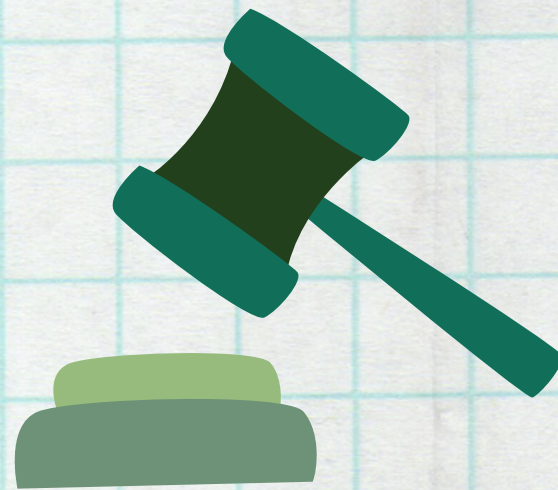
Perspective



Love of Learning

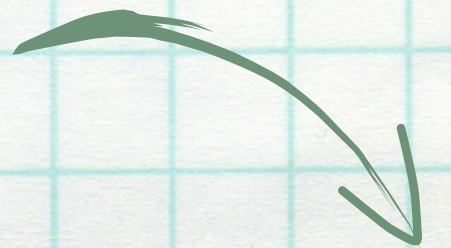


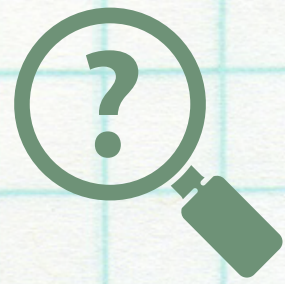
Creativity



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

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



Ask more "Why?" questions at work.



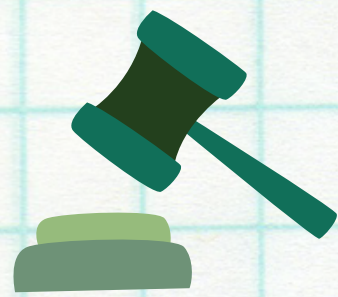
Eat something from a different cuisine, something you haven't tried so far.



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

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

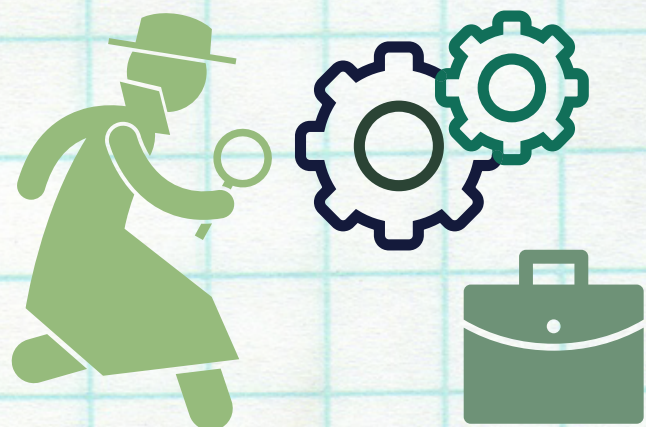
Use your skill of getting into details at the earliest opportunity at work



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



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



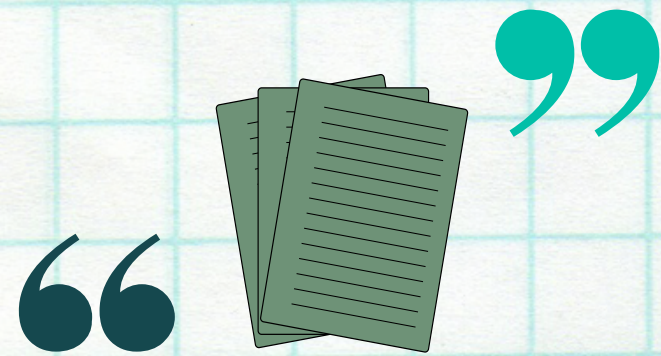
Investigate different approaches to a problem at work which you might be biased about

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



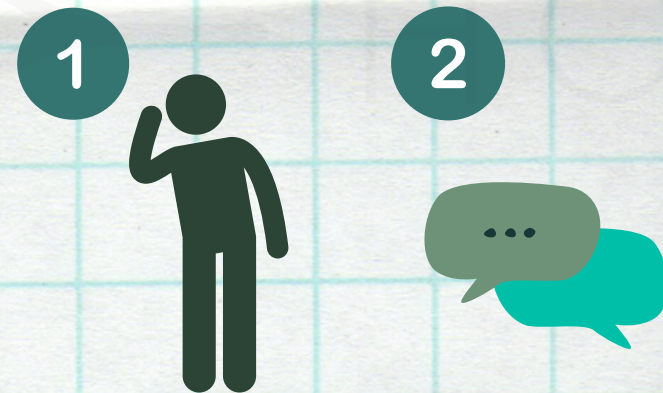
Wisdom PERSPECTIVE

6 ideas how to use it



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

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

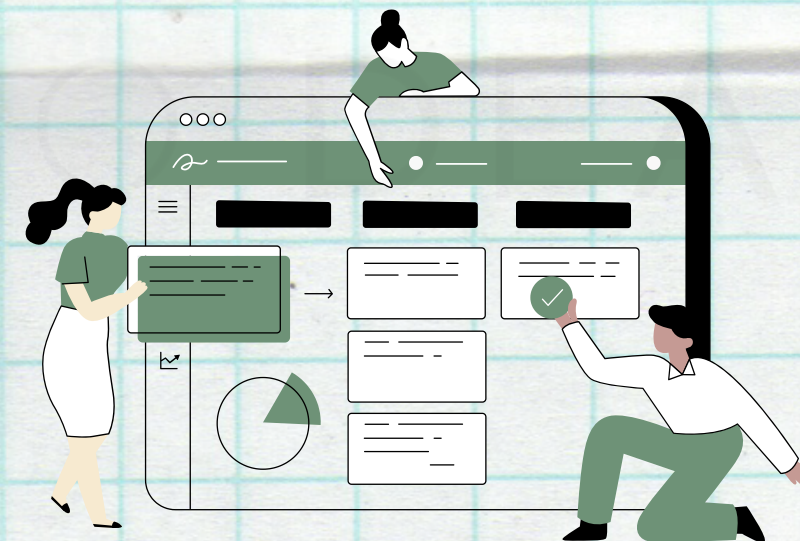


When do your friends find your perspective beneficial and when they don't? Ask them.

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

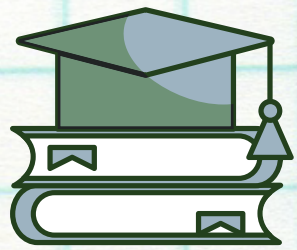


At work give your colleague a hand when you see they are in trouble, help them gain a fresh perspective



Analyse the character strenghts of your community.





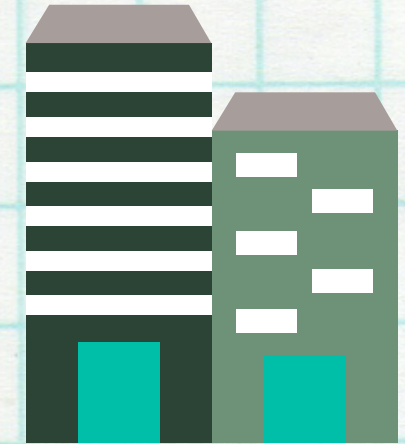
WISDOM LOVE OF LEARNING

6 ideas how to use it



**Explore some of
Gandhi's works
online**

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



**Find some new
information about
your interests**



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



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

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





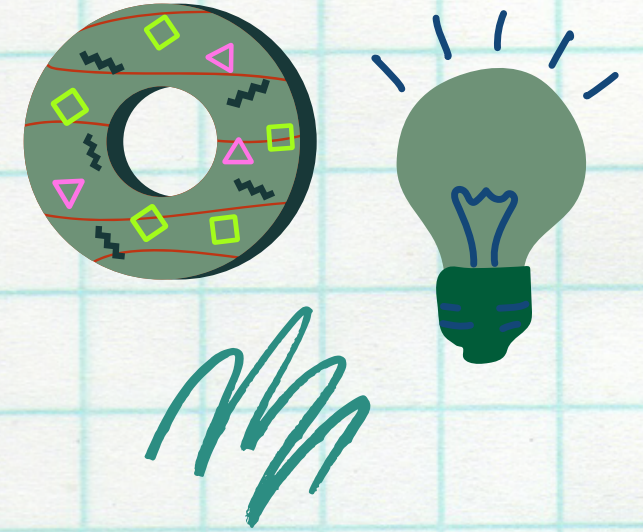
Wisdom CREATIVITY

6 ideas how to use it

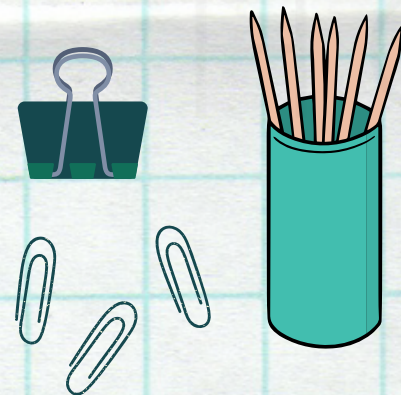


Come up with two solutions to your current problem and try to mime them to someone

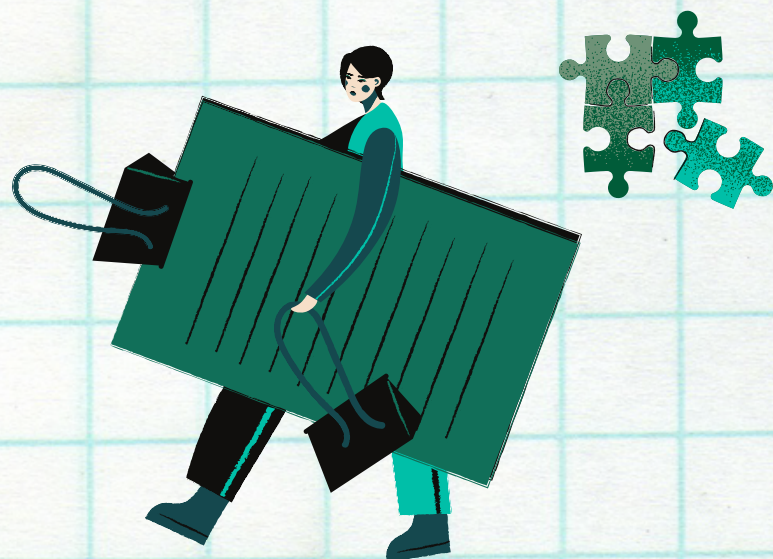
**"CREATIVITY TIME"!
Every single day find time to put creativity first at work**



Can you turn everyday objects into something new and useful?



If your relative has a problem, use your creativity to work out a unique solution



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

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



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.