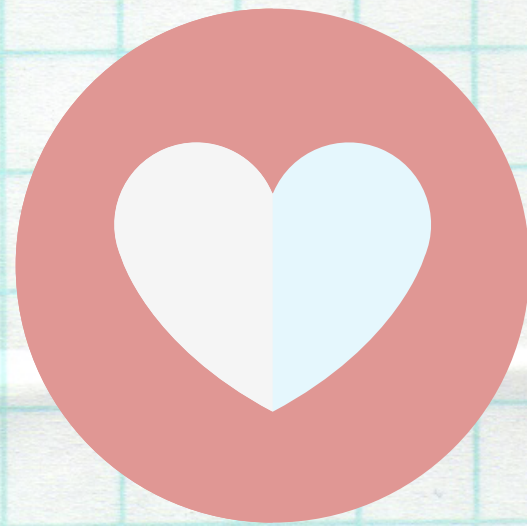
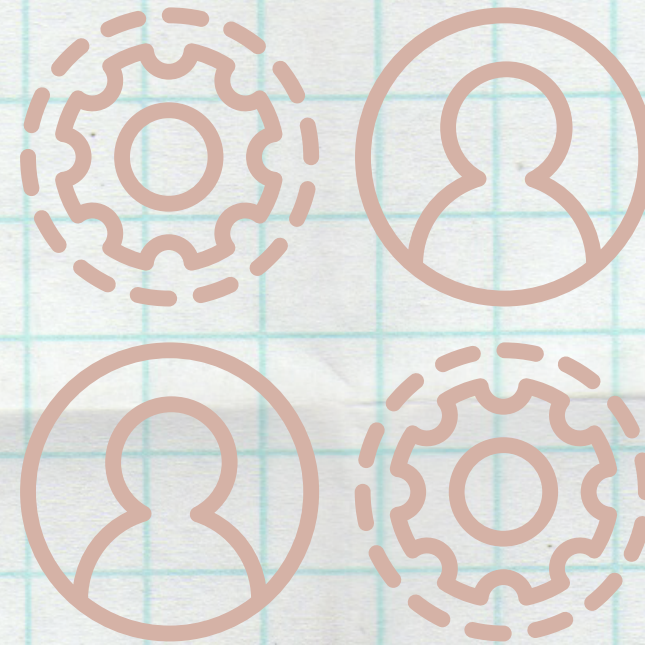


24 Character Strengths

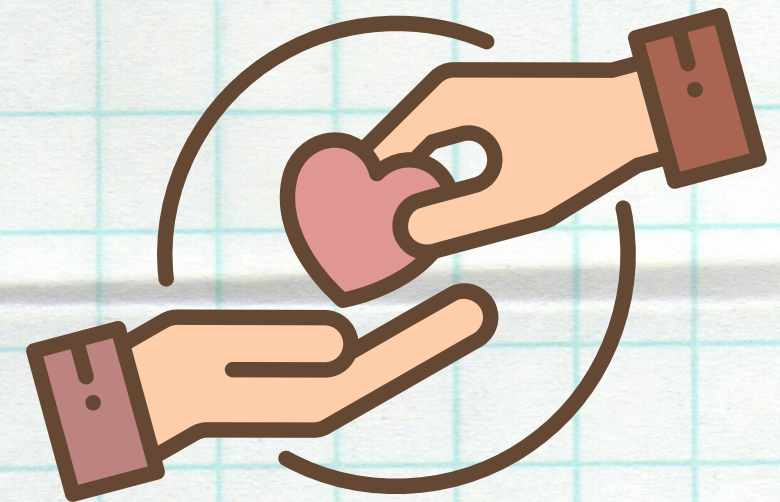
Humanity



Love

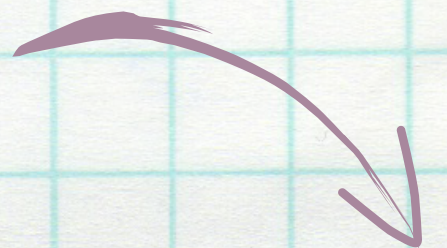


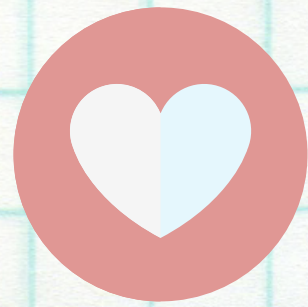
Social Intelligence



Kindness

Discover a few ideas
how to use your
strength





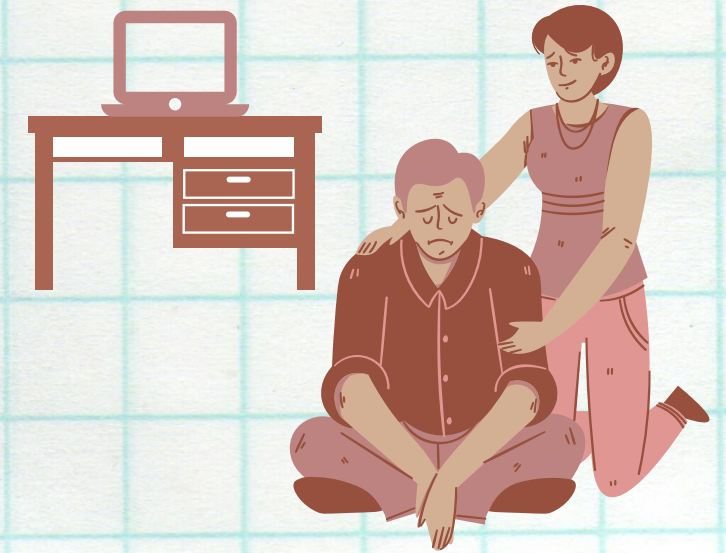
Humanity LOVE

6 ideas how to use it

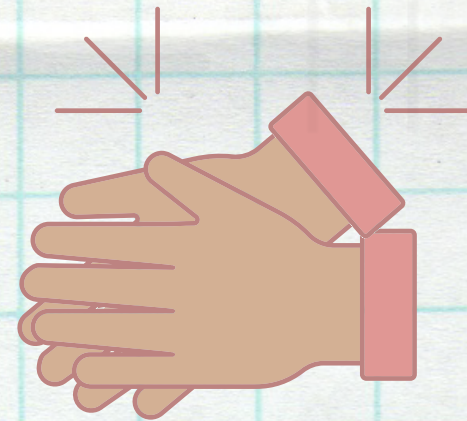


Present someone you care about with something small - like a cup of coffee

Provide your co-worker with support when you notice they feel low



Notice and compliment sb's strength



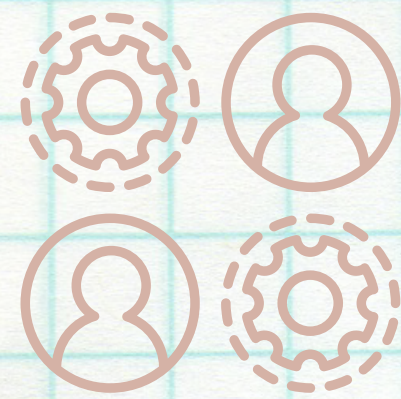
Keep a journal of the things you value in a loving relationship. Bring one of your observations into action



Each week carve out quality time to spend with someone you care about

Reflect on how your job benefits others





Humanity SOCIAL INTELLIGENCE

6 ideas how to use it



Strike up a conversation with someone whom you typically don't talk to much

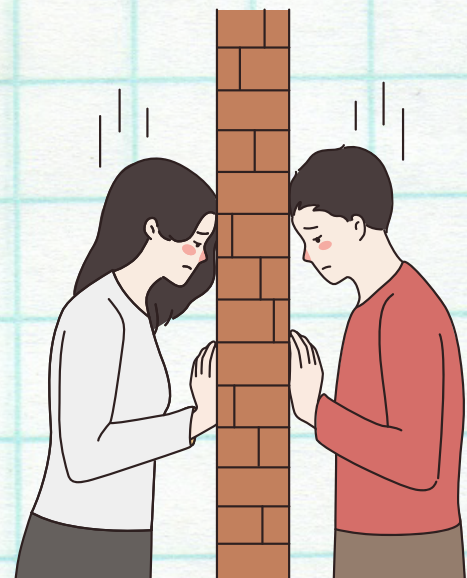
Ask your friend about your interaction with them - what do they like about it and what they don't?



Use your empathy and gently try to uplift one of your colleagues who seems to be sad



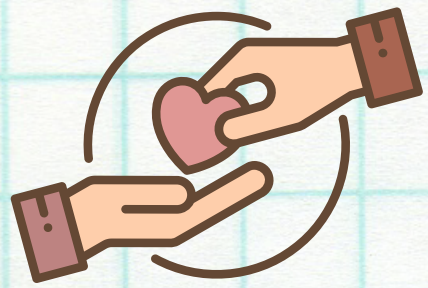
At work express your frustration at such a constructive way so that your colleagues could benefit from it



During a dispute refrain from using a strong argument that would be a winning one but could hurt someone

At a community event approach someone who seems lonely and have a chat





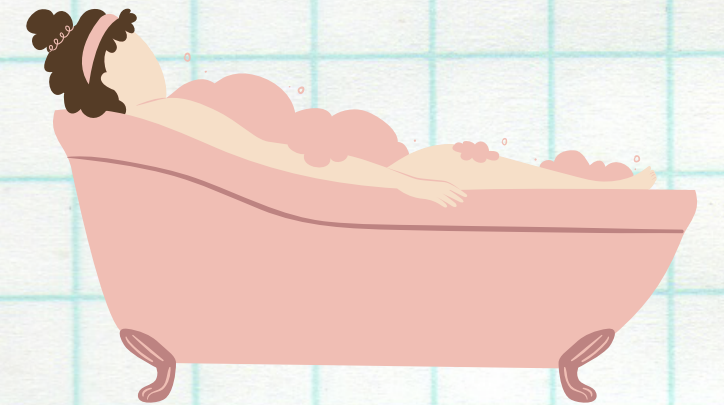
Humanity KINDNESS

6 ideas how to use it

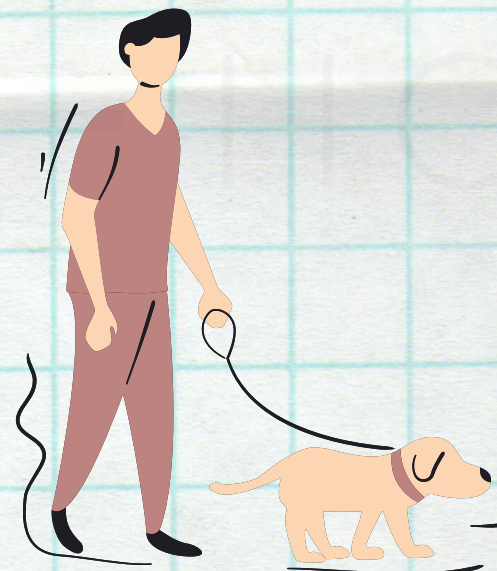


Offer something kind to one of your closest people e.g. help them do the housework

Organise a self-care day - give yourself a dose of kindness!



Perhaps one of your neighbours needs help? E.g. walk the dog of your elderly neighbour



Ask your friend or your partner what is the best way to show them kindness



Perform a random kind deed in your community, e.g. pay sb's parking meter

Keep a track of your kind deeds that you perform every day



Disclaimer:

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References:

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