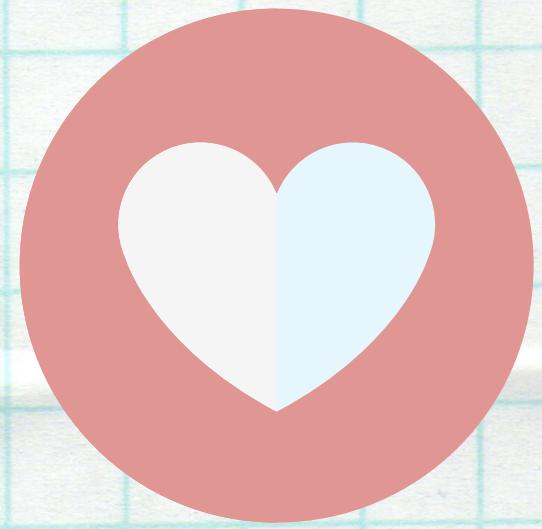
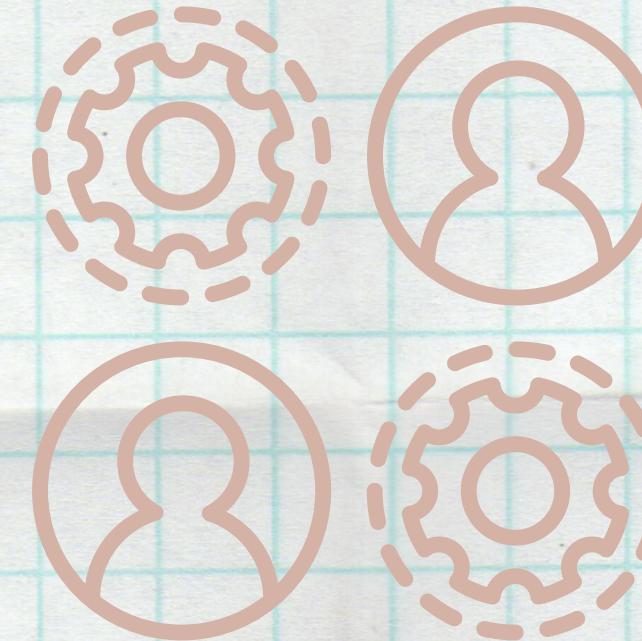


24 Character
Strengths

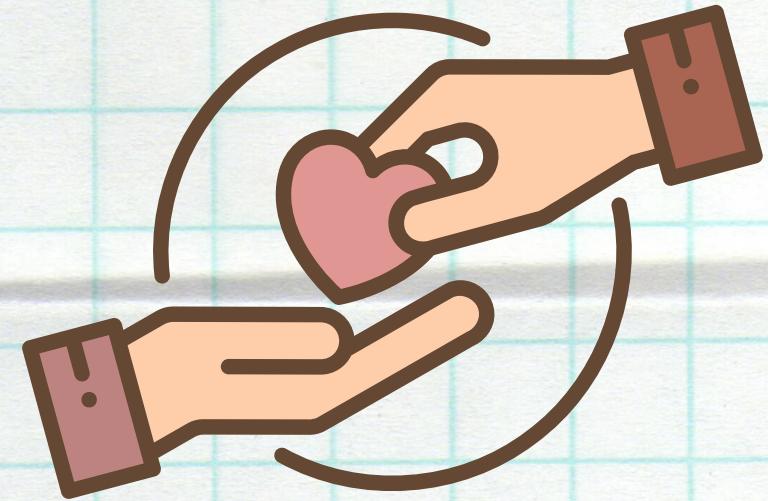
Humanity



Love

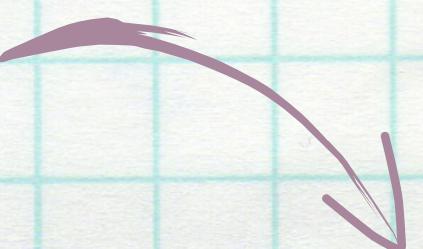


Social
Intelligence



Kindness

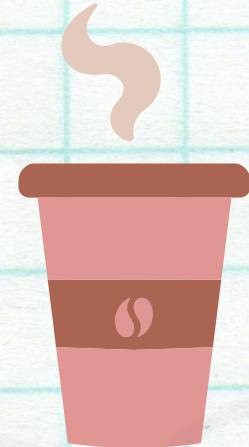
Discover a few ideas
how to use your
strength





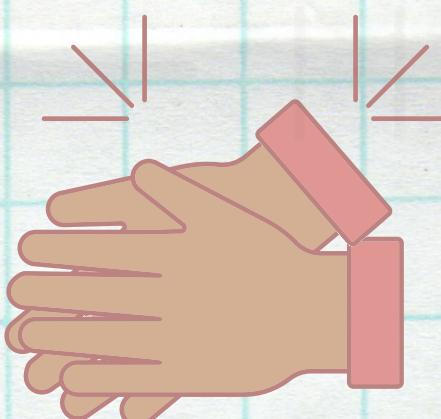
Humanity LOVE

6 ideas how to use it



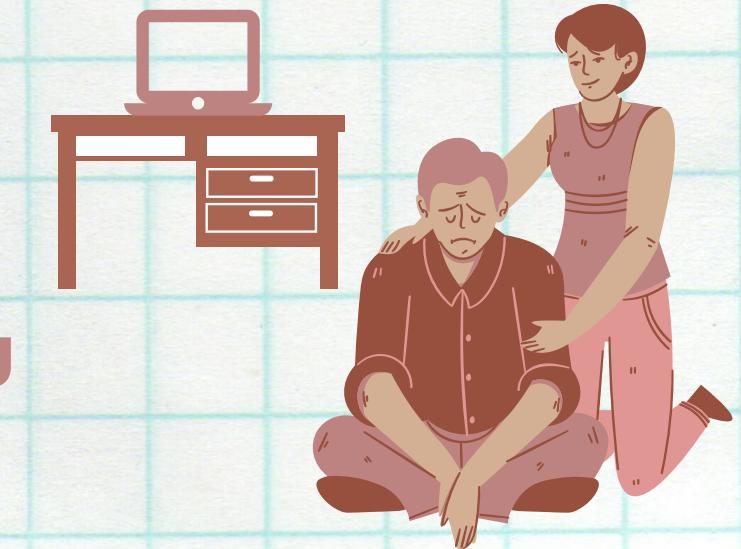
Present someone you care about with something small - like a cup of coffee

Notice and compliment sb's strength



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

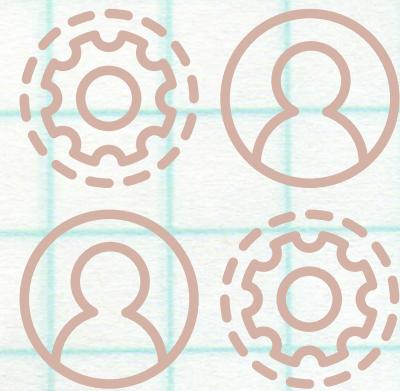
Provide your co-worker with support when you notice they feel low



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



Reflect on how your job benefits others



Humanity SOCIAL INTELLIGENCE



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

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



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

6 ideas how to use it

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

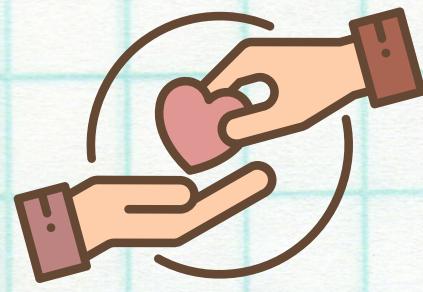


At work express your frustration at such a constructive way so that your colleagues could benefit from it



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





Humanity KINDNESS



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

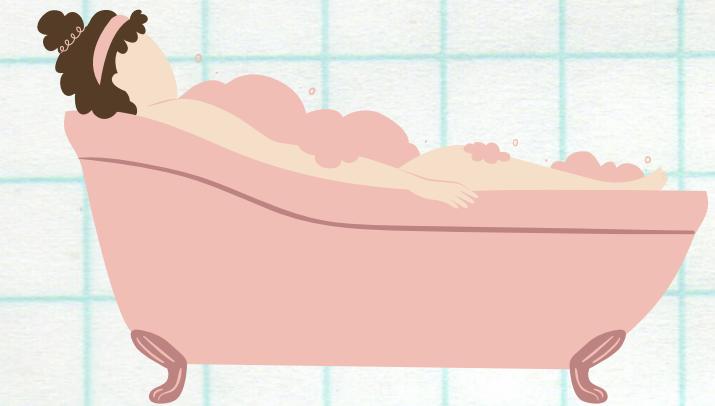
Perhaps one of your neighbours needs help? E.g. walk the dog of your elderly neighbour



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

6 ideas how to use it

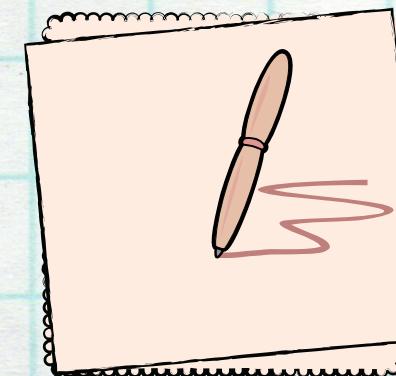
Organise a self-care day - give yourself a dose of kindness!



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



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



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.