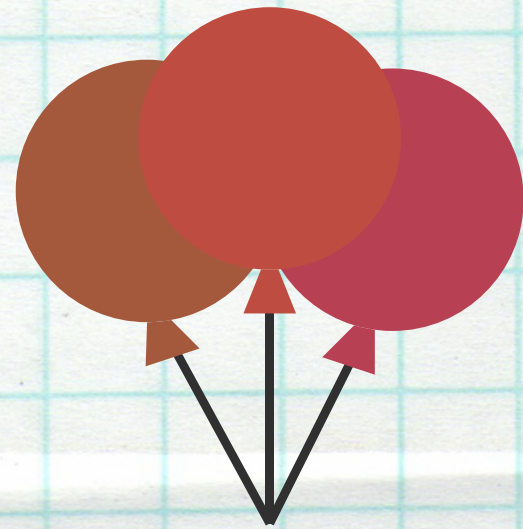
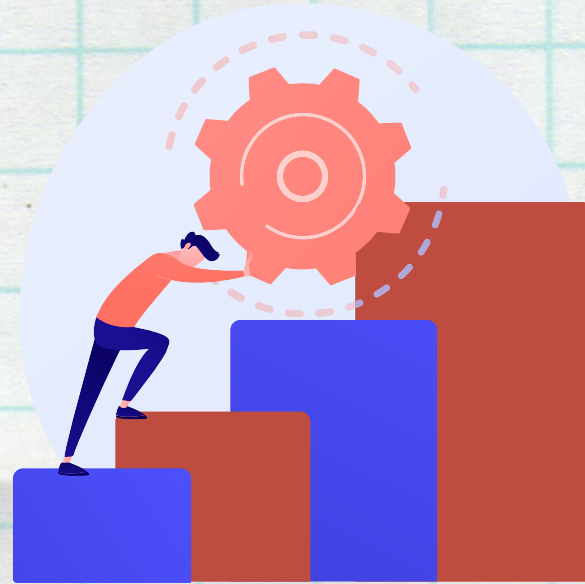


# 24 Character Strengths

## Courage



**Zest**



**Perseverance**

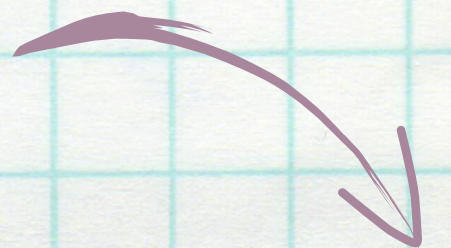


**Bravery**

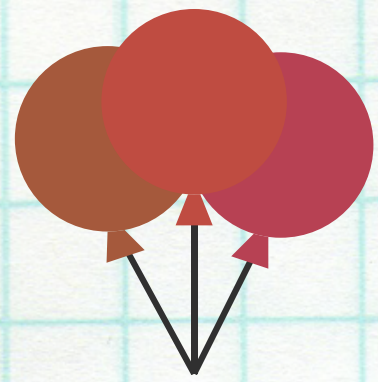


**Honesty**

Discover a few ideas  
how to use your  
strength







# Courage ZEST

## 6 ideas how to use it

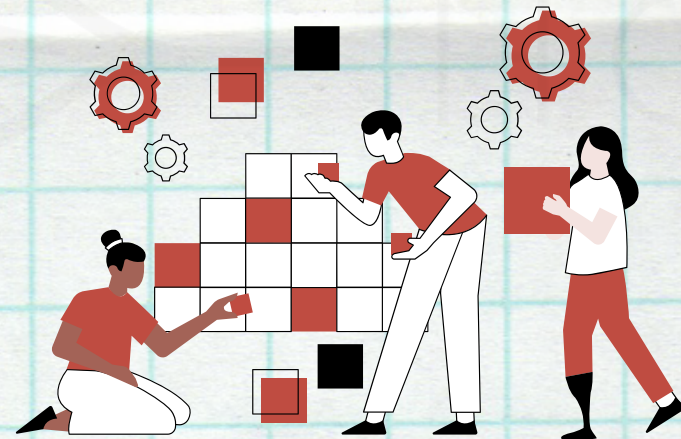


**Display your energy  
in a new way -  
shuffle dance, jump  
on bed or play with  
your nephew**

**Come up with ideas  
how you can make  
your next task more  
engaging prior to  
starting it**



**Approach your  
current tasks at work  
with more  
enthusiasm**



**In the evening have a  
chat with your  
relationship partner  
about their day.  
React  
enthusiastically.**



**Take a short walk in  
between your tasks**

**Whenever you notice  
your friend use their  
strenght praise them**







# Courage PERSEVERANCE

## 6 ideas how to use it



**You can do it -  
accomplish a task  
you've been  
procrastinating**

**Do something  
positive that can  
nurture one of your  
relationships but  
what you've been  
putting off (e.g. call  
your friend)**



**Establish a new goal -  
what two possible  
difficulties might you  
come across? Come  
up with solutions**



**Use your  
perseverance to deal  
with one of your bad  
habits**



**Find a guiding light  
in terms of  
perseverance - how  
can you follow their  
example?**

**If you're stuck in  
perfectionism, try to  
approach your task  
with an effort-  
oriented attitude. Do  
your best but put  
aside your "perfect  
outcome"**







# Courage BRAVERY

## 6 ideas how to use it



**Speak up about something important, join activists - get inspired by brave models around you**

**Is there anything you're afraid of and others are not? Try to deal with it using your bravery and other top signature skills**



**Tackle the task you've been putting off - bite the bullet, use your bravery!**



**Take it upon yourself to deal with a challenging task**



**Discuss one of your fears with your partner (e.g. fear of intimacy)**

**Use your bravery to compliment someone important to you**

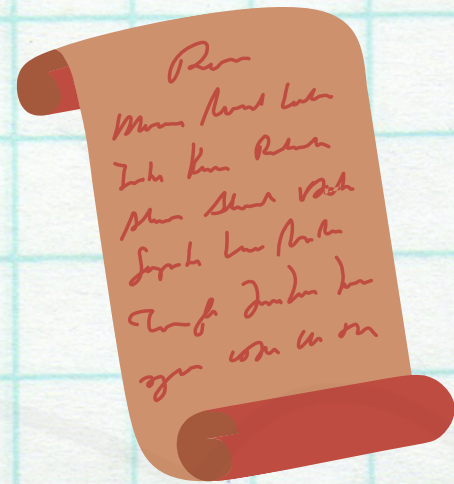






# Courage HONESTY

## 6 ideas how to use it

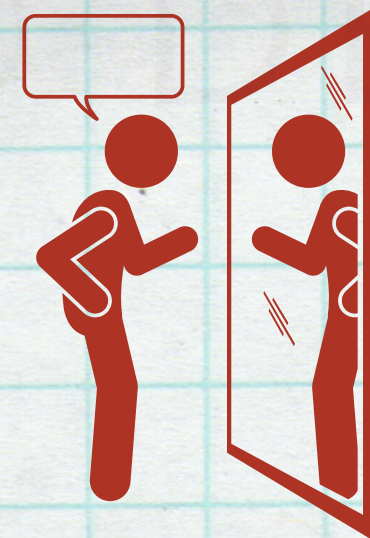


**Compose a poem  
about your inner  
truth**

**Reveal your true  
feelings to someone  
in a letter - if you  
have the guts give it  
to that person**



**Call someone whom  
you still owe the  
whole truth and tell  
them the missing  
pieces**



**Be frank with  
yourself - which  
struggle or bad habit  
have you been  
avoiding  
confronting?**



**Give honest feedback  
to your team - make  
it constructive**

**Whenever you  
present yourself stick  
to the truth**





## 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**

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