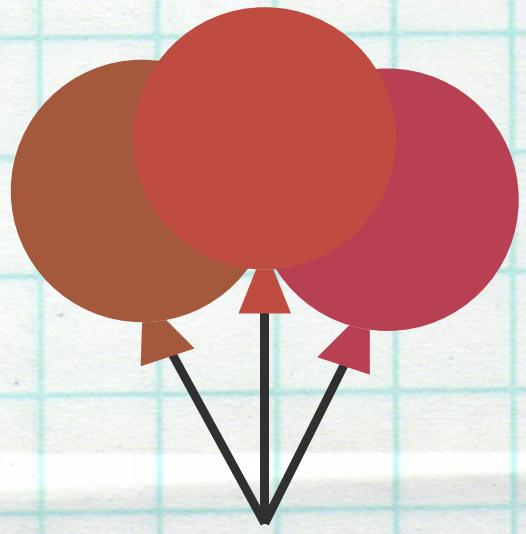
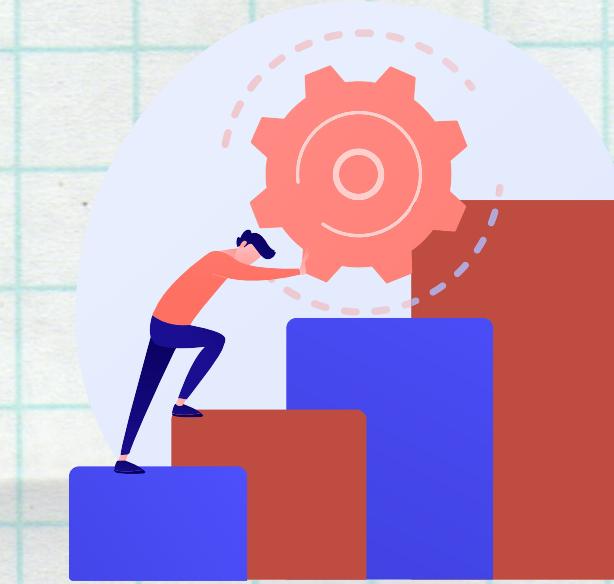


24 Character
Strengths

Courage



Zest



Perseverance

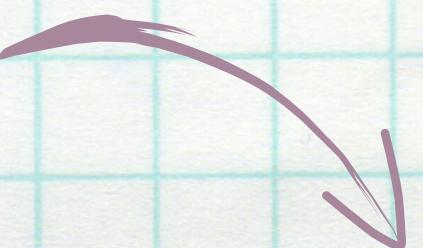


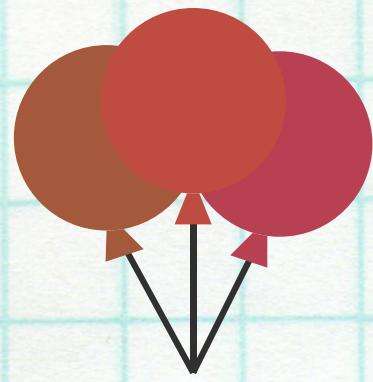
Bravery



Honesty

Discover a few ideas
how to use your
strength





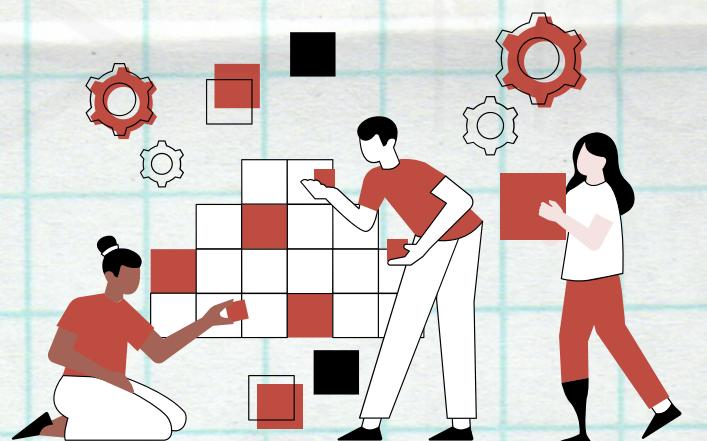
*Courage
ZEST*



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



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



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

6 ideas how to use it

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



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



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





Courage PERSEVERANCE



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

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

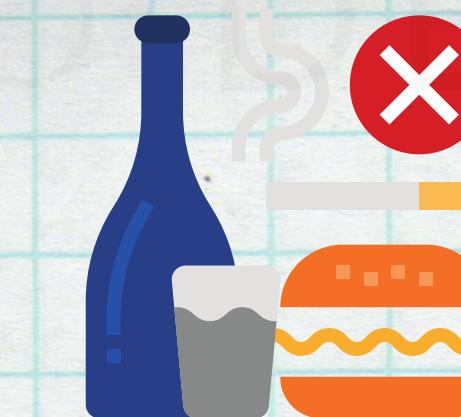


**Find a guiding light
in terms of
perseverance - how
can you follow their
example?**



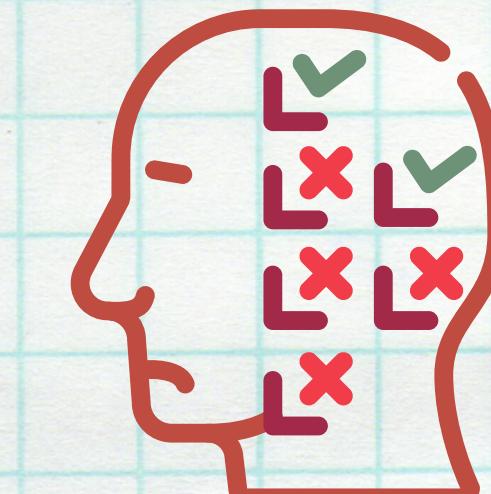
6 ideas how to use it

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



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

**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

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



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



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



Use your bravery to compliment someone important to you

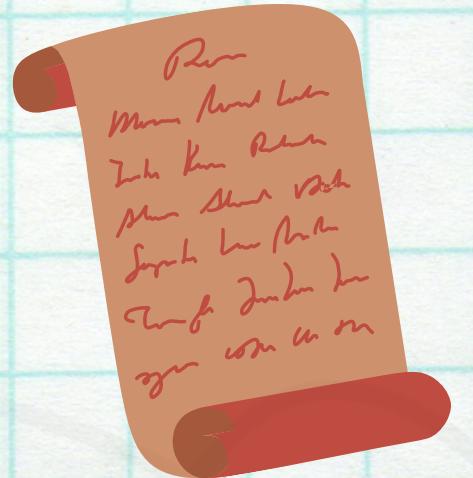


Take it upon yourself to deal with a challenging task





Courage HONESTY



Compose a poem about your inner truth

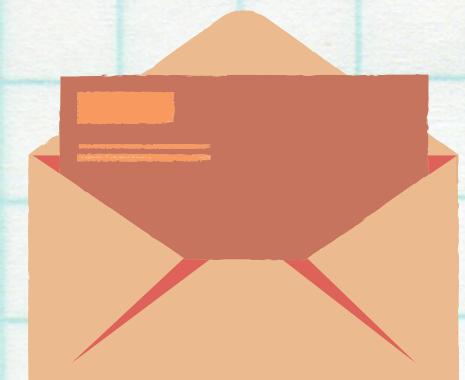
**Call someone whom
you still owe the
whole truth and tell
them the missing
pieces**



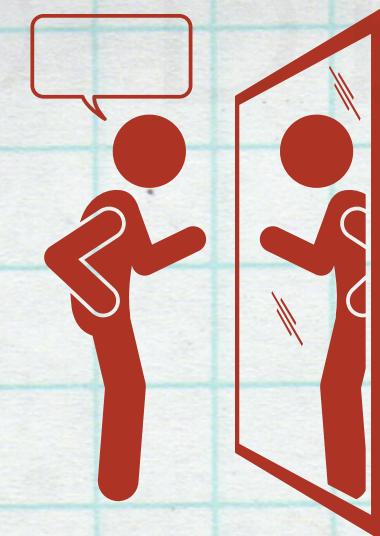
**Give honest feedback
to your team - make
it constructive**

6 ideas how to use it

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



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



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



Disclaimer:

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References:

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Niemiec R.M. and McGrath R.E., (2019). The Power of Character Strengths: Appreciate and Ignite Your Positive Personality. The United States of America.