

## Identify Your Strengths

## Try This as a Personalized Approach to Well-Being

Virtue Category	Character Strengths	
Wisdom	Creativity Curiosity Love of Learning Judgment Perspective	This could be the perfect time to evaluate where you would most like to grow in your life. Is it the realm of personal, professional, other? Can you investigate learning virtual opportunities, explore new ways of expressing yourself, create a plan of action?
Courage	Bravery Perseverance Honesty Zest	Your energy might be very well directed toward new physical challenges. Movement can be particularly helpful to our well-being and this could be the time to try a new way of being active and/or enjoying a local park for the first time.
Humanity	Love Kindness Social Intelligence	Redirecting our attention from ourselves to others not only helps them, but has the boomerang effect of helping us, too. Even as we social distance, how might you use this moment to strengthen relationships with friends, family or neighbors? Is there someone in need that you are uniquely suited to help?
Justice	Teamwork Fairness Leadership	Many of us care deeply about civic and social issues to which we wish we could give more time and energy. Is there an issue or cause you care deeply about that might be advanced by a virtual gathering that you create?
Temperance	Forgiveness Humility Prudence Self-regulation	It may be important for you to establish and maintain new daily routines. While modelling the new rules we are living by may come relatively easily for you, this also may be a great time to take a look at house or other personal projects that are hard to find time for in normal circumstances.
Transcendence	Appreciation of Beauty and Excellence Gratitude Hope Humor Sense of Meaning	If the current context finds you with additional time, you may be very well-served by picking up the habit of journaling about your experience, considering both the challenge and the possibility. If you already journal, you might consider what would make this experience even richer for you.