

## USING STRENGTHS INTERVENTION

Please take a moment to think about one of your personal strengths and how you could use it today in a new and different way. Personal strengths are positive traits (such as creativity, perseverance, kindness, modesty, curiosity, or awe) that contribute to one's character. For example, if you chose the personal strength of perseverance, you might make a list of things you hope to accomplish in the day and then follow through on everything you listed. Or, if you chose the personal strength of curiosity, you might try a new way of doing something that you've never tried before. Please describe what personal strength you plan to use today and how you are going to use it. Then, go ahead and do it.

### **For instructions after the 1<sup>st</sup> week:**

Please write about the personal strength that you focused on last week and how you used it. Be sure to detail exactly what you did, how you felt, and what you learned from the experience. Remember that anything you write will remain strictly confidential.

### **On the next page:**

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*Note:* You may use the same personal strength as in the past week(s), or try using a new personal strength each week.