



Wellbeing Activity

Identify Your Strengths

TAKE A STRENGTHS ASSESSMENT

This is only a recommendation. You can choose any accredited strengths assessment or quiz to complete this activity.

Take a strengths assessment or quiz to identify your character strengths. Then, use your strengths in a new way within the next week. Reflect on your experience using the journal prompts below:

- In what way did you use your character strength(s) this week?
- What are some new ways you could use your strengths in the future?
- Who else in your circle shares the same strengths?