

Using Strengths in New and Unique Ways

Worksheet located at <http://www.ColoradoCounseling.com>

Many therapists who are engaged in “strengths-based” approaches believe that one of the best ways to improve mood and increase happiness is to (1) identify some of our inner strengths and abilities, and (2) use them more fully. As we do this, our lives begin to change in a positive way.

Researchers in the new “positive psychology” movement have identified twenty-four “signature strengths” which are listed below. Which of these seem to be strongest within you? (Circle three.)

| | | |
|------------------|------------------------|----------------------------|
| Creativity | Curiosity | Open-mindedness |
| Love of learning | Perspective | Authenticity |
| Bravery | Persistence | Zest |
| Kindness | Love | Social Intelligence |
| Fairness | Leadership | Teamwork |
| Forgiveness | Modesty | Prudence |
| Self-Regulation | Appreciation of beauty | Gratitude |
| Hope | Humor | Spirituality/Religiousness |

These same researchers also found that when individuals used their signature strengths *in new and unique ways*, their moods improved significantly.

How might you use each of the three strengths that you circled in a new, unique way? Write down each strength and at least one idea of how you might use that strength in the coming week.



Signature Strength: _____ One *new and unique* way I will try to use this strength this week:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |