

Working with the Strengths Cards

10 Tips to Get You Started

The cards are ideal for self awareness; for one to one coaching and for group work. To get you started, here are 10 ideas for getting the best from the cards:

- 1 Lay the cards out and choose your top 5 strengths. That is, the strengths that are natural for you and give you energy. When you look at these strengths, they feel like the 'best of you'. These are known as your Signature Strengths.
- 2 Get feedback. Ask someone who knows you well to choose your top strengths for you. Ask them to give you specific examples of the strengths in action.
- 3 Understand how your 'Signature Strengths' play out in your life for the best. How do you use them? When do you use them? With whom do you use them? How have they positively influenced your life as it is today? Make a decision to use your Signature Strengths consciously each and every day.
- 4 Set a task to purposefully and intentionally use one of your Signature Strengths each day; each week or each month.
- 5 Use your Signature Strengths in a novel way. So, instead of just using your key strengths habitually, strengthen their effect in your life by extending their reach. So, for instance, if 'curiosity' is one of your strengths and you use it currently when studying, try visiting an art gallery or researching a new subject.
- 6 Look again at the 24 Strengths Cards. Which ones do you under use and why? Choose one of these strengths and start to use it consciously in your life. Strengths are like muscles – plenty of use strengthens its power!
- 7 If you are facing a problem at work or at home, spread out the cards and choose a strength that might help you cope with this problem. It won't solve the problem, but it will act as a catalyst to understand the character strength you need in a difficult situation.
- 8 To enhance relationships, ask your partner, work colleague or family member to choose their top strengths. Give them examples of where you have seen these strengths play out.
- 9 Even better, choose a strength card for someone you love or an individual you work with. Perhaps even someone you are facing difficulties with. Give them the strength card and tell them why you have chosen it for them, offering positive praise.
- 10 Use Strengths cards and language readily and frequently. At times of difficulty, reverse the focus and at times of happiness, recognise and celebrate the strength.

In your pack are 24 Strengths Cards and these strengths are derived from the VIA (Values-In-Action) Classification from the scientific field of positive psychology. The classification resulted from a three-year dedicated effort involving 55 noted social scientists, who identified 24 character strengths that have been found to be universal – characteristics that define what's best about people.

