

STUDENT

Just knowing what your top strengths are makes no difference to your wellbeing unless you use them. Becoming your best possible self comes from doing more difficult things which challenge your current very best. The Strengths Boosters give you opportunities to use your strengths in different ways to build your wellbeing.

BREATHING STRENGTHS

Every day for each of the strengths in my strength's wheel I will take a deep breath concentrating on how I can use it to build my wellbeing.

