

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.

DAILY STRENGTHS PRACTICE

I will journal something I could do to use two of my strengths every day at home and at school and do them.

