

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.

EMOTIONAL STRENGTHS

I will describe a recent event that really upset me and the strengths I used or could have used to help me become positive again and what actions I could take.

