

### 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.

### FAMILY STRENGTHS

I will ask my family to do the VIA strengths survey, put their strengths wheels on the fridge and talk about how each of us use our strengths.

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