

### 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.

### STRUGGLE STRENGTHS

I will look for stories where people have had to dig deep to overcome setbacks and challenges and write down strengths they used.

