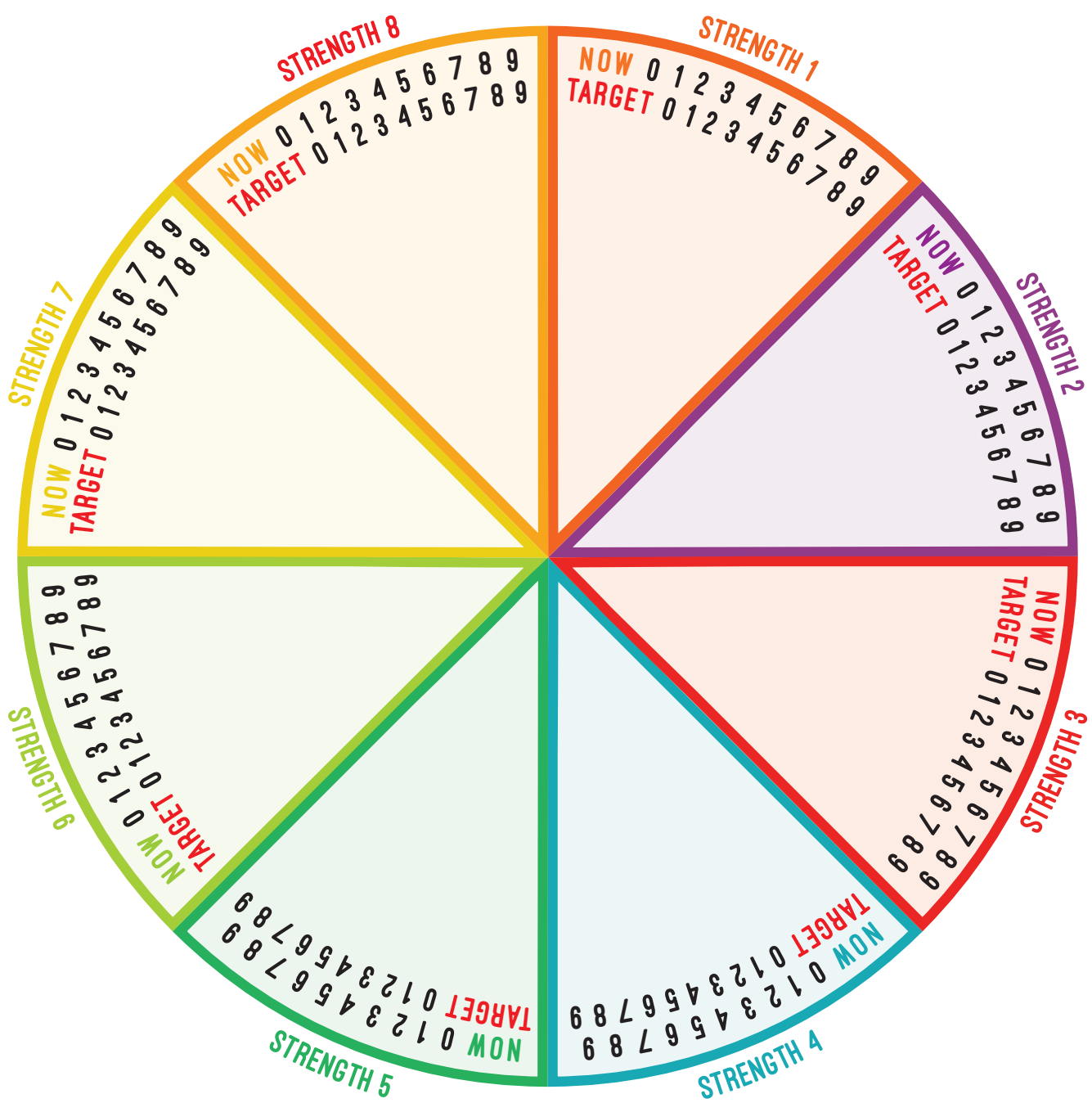


YOUR TOP STRENGTHS ARE?

Fill in your signature and top supporting strengths in the Character Strengths Wheel below and next to each of them write one thing you could do to show that strength. For example, for *Teamwork* you could contribute enthusiastically to groups you are a part of. The shadow side of a strength is when you overuse, misuse or underuse it. For example, for *Social-Intelligence*, over analysing every person you meet.

Rate how you currently use each strength using NOW 0 1 2 3 4 5 6 7 8 9 and how you would like to be using it in a month's time using TARGET 0 1 2 3 4 5 6 7 8 9.

YOUR CHARACTER STRENGTHS WHEEL



Describe two times you believe that you used your strengths well and how did you feel?

- 1.....
-
- 2.....
-