



Signature Strengths

Finding ways to use your signature strengths can boost your wellbeing, so use them often! In this exercise, we're going to maximize those effects by using your signature strengths to increase your PERMA factors.

First, you'll need to identify your signature strengths. Aim for at least 4-6.

Signature Strengths bring:

- A sense of ownership and authenticity ("The real me")
- A feeling of excitement while displaying it, particularly at first
- A rapid learning curve as the strength is first practiced
- A sense of yearning to find new ways to use it
- A feeling of inevitability in using the strength ("Try to stop me")
- Invigoration rather than exhaustion while using the strength
- The creation and pursuit of personal projects that revolve around it Joy, zest, enthusiasm, even ecstasy while using it*

Finding your signature strengths:

1. Think of a time when you felt you were at your best, a time when you felt alive or successful or that you made a difference. Write a short story describing that time. Include details like what was going on, what you did, how you did it, and what happened. Then, reflect on the story and try to identify strengths you displayed.
2. Alternatively, you can complete the **VIA Survey of Character Strengths** at www.viacharacter.org. This well-researched assessment ranks your strengths and can help you identify your signature ones.

*From Flourish by Martin E. P. Seligman, pages 38-39



MAKING STRENGTHS PERMA-NENT

Part 1: Plan

In this exercise, you are going to intentionally use your signature strengths in new ways to actively maximize your well-being.

There are five factors - known as the PERMA factors - that promote flourishing. First, identify which one of these areas you are lacking in at the moment.

P = Positive Emotion (feelings of happiness, joy, excitement, pleasure)

E = Engagement (being fully immersed in activities, a state of flow)

R = Relationships (positive and healthy interactions, connection)

M = Meaning (a sense of purpose)

A = Achievement (accomplishments, reaching goals)

Next, think about how you can use one or more of your signature strengths to increase or boost that PERMA factor in the next week.

Be creative and be specific. Detail your plan below.

Which PERMA factor are you going to focus on?

Which signature strength(s) are you going to use?

How, specifically, are you going to use that strength to boost your PERMA factor?

When and where are you going to do that?



Part 2: Do

Enact your plan!

Part 3: Review

Use the four quadrants below to reflect on your experience using your strength. Describe the situation or context and what you did, the thoughts you noticed, the feelings (emotional and physical) that arose, and the outcome.

