

Using Strengths in New and Unique Ways

Worksheet located at <http://www.ColoradoCounseling.com>

Many therapists who are engaged in “strengths-based” approaches believe that one of the best ways to improve mood and increase happiness is to (1) identify some of our inner strengths and abilities, and (2) use them more fully. As we do this, our lives begin to change in a positive way.

Researchers in the new “positive psychology” movement have identified twenty-four “signature strengths” which are listed below. Which of these seem to be strongest within you? (Circle three.)

Creativity	Curiosity	Open-mindedness
Love of learning	Perspective	Authenticity
Bravery	Persistence	Zest
Kindness	Love	Social Intelligence
Fairness	Leadership	Teamwork
Forgiveness	Modesty	Prudence
Self-Regulation	Appreciation of beauty	Gratitude
Hope	Humor	Spirituality/Religiousness

These same researchers also found that when individuals used their signature strengths *in new and unique ways*, their moods improved significantly.

How might you use each of the three strengths that you circled in a new, unique way? Write down each strength and at least one idea of how you might use that strength in the coming week.



Signature Strength: _____ One *new and unique* way I will try to use this strength this week:

_____	_____
_____	_____
_____	_____