

24 Character Strengths

Identify Your Top Five for a Better Life

Most people don't have a clue what their top character strengths are! But ... if you identify your top 5 strengths from the list of 24 character strengths you will know and be able to name the best of who you are, you'll deal with change with less stress, and you'll find your path to happiness, balance, and success in all areas of your life.

Here is an important question for you to think about, "Which do you think will help you improve your quality of life the most?"

Knowing your strengths?
or
Knowing your weaknesses?

Working on weaknesses doesn't work as well as knowing your strengths! Scientists from the field of Positive Psychology have done a lot of research about character strengths and their research says that simply identifying your top 5 character strengths from this list of strengths below is far more valuable than to work on trying to improve your weaknesses. And by the way, these Character Strengths are NOT the same as your talents like dancing, painting, athletics, and mathematical or musical prowess....

When you consciously work WITH your top 5 character strengths, you have the key to improving the quality of your work, relationships, your play, your volunteering, your finances, dealing with change, reducing your stress, and becoming generally happier you name a domain of life, it will improve!

Everyone has weaknesses too. Many of us spend time and energy thinking about what we're not so good at. We wish or struggle to do better. We strive to work harder to do what we're not so good at, as we think this will help us become better people. It may do, but it may exhaust us in the process! When we work or live with children, we may focus on what a child is not good at and try to help them fix it. For example, a child may find it difficult to work with others in a team. We might focus on this weakness, worry about it and try to fix it by getting them to work more often with others. But this may be frustrating for the child and for you. Instead it may be more helpful to think about the strengths that the child shows when working on their own, for example: curiosity and perseverance. If you nurture these strengths, the child may feel better about themselves and in time, may feel better about working with others.

Focusing on and trying to fix problems and weaknesses is fairly common in schools and homes. Looking for people's strengths is less common. But research has shown that finding and using our strengths is really important for improving health, happiness and our sense of self-worth.

So Which Are Your Top 5 Signature Strengths?

Take out a pen and paper and answer a few questions.

1. Which ones resonate with you?
2. Ask yourself which ones are you using when you are being really you, when you are at your best.
3. Do you feel more enthusiastic and energized when you are using it than when you are not?
4. Does it feel natural to you?
5. Do you feel frustrated, depressed, or irritable when you are constrained from using it?
6. Which ones would your friends or family or co-workers say are the real you?