

Practice being at your BEST.

Below are quick activities to build your strengths and help you be your best self!



Appreciation of Beauty & Excellence

HUNT FOR GREATNESS: Look for uplifting moments of excellence in your day that inspire you to be better.



Bravery

OUTCOME OVER FEAR: When pushing yourself to take on a brave act, focus on the beneficial outcome of being brave rather than your fears.



Creativity

EXPLORE SOLUTIONS: When facing a challenge, push yourself to identify 7 different solutions. Creativity starts to emerge if we push beyond the obvious.



Curiosity

ACTIVELY CURIOUS: Practice asking lots of questions to make little discoveries around an issue you are working on. Continue exploring until you get to the root of your challenge.



Fairness

SPEAK UP: Look for opportunities to act as an ally to friends or even strangers who experience unfairness. Investigate tips and articles on how to be a good ally.



Forgiveness

PRACTICE EMPATHY: Frustrated with someone? Explore different perspectives of where they might be coming from. What would make you respond similarly?



Gratitude

DAILY THANK YOU: Create a daily gratitude habit by thanking one person each day. When thanking, be specific about their contributions and what strengths you saw in them.



Honesty

DO WHAT YOU SAY: Practice integrity, part of honesty, by honoring your commitments. Be careful to only make commitments you can keep.



Hope

BEST-POSSIBLE SELF: Describe a future in which you are bringing your full self into whatever you do and are fully engaged in life's activities. Identify what strengths will help you reach this best self.



Humility

MODEL HUMILITARIAN: Identify 1-2 people who exemplify humility. Notice their actions and demeanor. Try to incorporate one observation into your own actions.



Humor

START YOUR DAY LAUGHING: watch a funny video, read a favorite cartoon, or talk to someone who always makes you smile.



Judgment/Critical Thinking

NOT YOUR SHOES: When approaching a disagreement, place yourself in someone else's shoes and assume their perspective. Ask questions to better understand the other viewpoint before expressing your own.



Kindness

RANDOM ACT OF KINDNESS: Each day, do something kind for another person without anticipation of being thanked or rewarded.



Leadership

LEAD FOR LOVE: Organize something special for individuals who are important in your life. Take the lead role in identifying the activities and activating people to help you get all the pieces in place.



Love

ACT OF LOVE: Do one act of love each day for a coworker, friend or family member. Let them know they are valued and respected.



Love of Learning

GROW YOUR MIND: Take 5 minutes each day to learn something new. Check-in on current events or look up the meaning of a word you don't know.



Perseverance

CHECK IT OFF: Create a to-do list each day and update it when a task is completed. Try to get as many items as you can crossed off by the end of the day.



Perspective

GET THE FULL PICTURE: When faced with a challenging decision, ask yourself "in what context, for what outcome" to get the full perspective.



Prudence

WEIGH THE OPTIONS: When facing a difficult decision, list out the pros and cons of each option. Carefully examine your choices before making a decision.



Self-Regulation

FIRST THINGS FIRST: At the start of each day, identify the most important things you have to complete. Do these things first when self-regulation is the highest.



Social Intelligence

BRUSH UP ON BODY LANGUAGE: Watch a few minutes of a TV show while on mute. Write down the different emotions that are conveyed through body language.



Spirituality

LIVE YOUR PURPOSE: Do an activity that directly connects to your sense of purpose. If you find meaning in helping others, volunteer at a local organization.



Teamwork

APPRECIATIVE TEAM: When interacting with others on a team (whether for work or volunteer), practice appreciating the contributions each team member is making.



Zest

WALK FOR ZEST: Take 5 minutes each day for a brisk walk to replenish your energy. Even if it is just a short distance, get up and be active.

Research reveals that people who use their strengths every day are 3x more likely to report having an excellent quality of life and 6x more likely to be engaged at work. Build your strengths and be your best!