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!