Understand what gives you energy
Accomplish your life goals
Feel fulfilled in your work
Create a to
.connects to your sense of purpose. If you find meaning
LIVE YOUR PURPOSE
keep it someplace visible as a reminder to your purpose.
CONNECT TO YOUR WHY
BUILD IT:
GET THE FULL PICTURE: When faced with a challenging
decision, ask yourself “in what context, for what
outcome” to get the full perspective.
SHARE YOUR WISDOM: Share an idea or thought in each
interaction you have. Start by listening carefully, then
share your perspective.

LOVE OF LEARNING
Mastering new skills, topics, and bodies of
knowledge, whether on one's own or formally.
BUILD IT:
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.
LEARN NEW FACES: Life is full of familiar faces, but
how well do you know the people around you? Get to
know 2-3 new people’s name and what they really
enjoy doing.

LEADERHIP
Encouraging a group to get things done and at the same
time maintain good relations within the group.
BUILD IT:
LEAD WITH 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.
UNDER AND OVERUSE: Pay attention to how your
strengths show up in a leadership role. How are they
received by others? Are you over or underusing?

PERSEVERANCE
Finishing what one starts; persisting in a course of
actions despite obstacles; joy in completing tasks.
BUILD IT:
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.
PLAN AHEAD: Spend 30-40 minutes thinking through
what you want to achieve in the next 6-12 months.
Identify key steps to help you prioritize your activities.

PERSPECTIVE
Being able to provide wise counsel to others; having
ways of looking at the world that make sense to oneself
and to others.
BUILD IT:
GET THE FULL PICTURE: When faced with a challenging
decision, ask yourself “in what context, for what
outcome” to get the full perspective.
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SELF-REGULATION
Regulating what one feels and does; being disciplined;
controlling one’s emotions.
BUILD IT:
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.
SETTING SMALL GOALS: Set a small goal each day and
complete it right away. It can be scheduling a meeting,
doing a load of laundry, or calling a friend you've fallen
out of touch with.

SOCIAL INTELLIGENCE
Being aware of the motives and feelings of other
people and oneself, knowing what to do to fit into
different social situations.
BUILD IT:
TAP INTO POSITIVITY: Notice when others are really
engaged or excited. Find ways you recreate a similar
positive experience for those around you.
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
Having strong beliefs about a higher purpose & meaning
in the universe; knowing where one fits in the world.
BUILD IT:
CONNECT TO YOUR WHY: Ask yourself: “Everything I do
is to ____ so that ____.” Write down your answer and
keep it someplace visible as a reminder to your purpose.
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
Working well as a member of a group or team; being
loyal to the group; doing one’s share.
BUILD IT:
APPRECIATIVE TEAM: When interacting with team
members, practice appreciating the contributions that
each person makes.
POSITIVE TEAM: Encourage and model positive self-talk
about your team (not yourself). Fostering positive
feelings about one’s team can help fuel teamwork.

ZEST
Approaching life with excitement and energy; not doing
things halfway, feeling alive and activated.
BUILD IT:
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.
ENERGY BOOST: Make a list of activities that give you
energy, like eating a healthy snack, taking a walk or
listening to upbeat music. When you start to feel
drained, do an energy activity on your list.

KINDNESS
Doing favors and good deeds for others; helping them;
taking care of them.
BUILD IT:
RANDOM ACT OF KINDNESS: Each day, do something kind
for another person without anticipation of being thanked
or rewarded.
SPEAK KINDLY: It is easy to get caught up in a swirl of
negativity when you are stressed or overwhelmed.
Challenge yourself to diffuse that negativity by only
speaking kindly to and about others.

LOVE
Valuing close relationships with others, in particular those
in which sharing and caring are reciprocated.
BUILD IT:
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.
DOUBLE THE LOVE: What’s better than doing
something you love? Doing something you love with
someone you love! Ask an individual you care for to do
something you both like to do together.

PRUDENCE
Being careful about one’s choices; not taking undue
risks; not saying or doing things that could be regretted.
BUILD IT:
WEIGH THE OPTIONS: When facing a difficult decision,
list the pros and cons of each option. Carefully examine
your choices before making a decision.
UNCOVER OBSTACLES: When planning an activity, stop
and consider potential obstacles that could get in your
way. Consider obstacles you’ve encountered in the past.

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actions despite obstacles; joy in completing tasks.
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drained, do an energy activity on your list.
APPRECIATION OF BEAUTY & EXCELLENCE
Noticing and appreciating beauty, excellence, and/or skilled performance in various life domains.

BUILD IT:
CONNECT WITH NATURE: Take a 10 minute break to walk outside or sit under a tree. Be mindful of the everyday beauty that surrounds you.
HUNT FOR GREATNESS: Look for uplifting moments of excellence in your day that inspire you to be better.

BRAVERY
Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right.

BUILD IT:
OUTCOME OVER FEAR: When pushing yourself to take on a brave act, focus on the beneficial outcome of being brave rather than your fears.
CALL OUT BRAVITY: When you do or observe a brave act, make a point to communicate that bravery. Labeling bravery increases psychological bravery.

CREATIVITY
Thinking of novel and productive ways to conceptualize and do things.

BUILD IT:
EXPLORE SOLUTIONS: When facing a challenge, push yourself to identify 7 different solutions. Creativity starts to emerge if we push beyond the obvious.
CREATIVITY BREAK: Set 5-10 min aside each day to focus on a creative activity. Try sketching your ideas, writing a poem, or choreographing your own dance.

CURIOSITY
Taking an interest in ongoing experience for its own sake, finding subjects and topics fascinating.

BUILD IT:
ACTIVELY CURIOUS: During your next conversation, ask questions to better understand the perspectives of everyone involved.
SHIFT TO CURIOUS: When having to do an activity or task you dislike, notice at least three novel features of this activity while you do it.

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FORGIVENESS
Forgiving those who have done wrong; accepting others’ shortcomings, giving people a second chance.

BUILD IT:
GIVE YOURSELF A BREAK: We are often hardest on ourselves; commit to forgiving yourself for one thing a day; it might be a mistake or unkept commitment.
PRACTICE EMPATHY: Frustrated with someone? Explore different perspectives of where they might be coming from. What would make you respond similarly?

FAIRNESS
Treating people according to notions of fairness and justice; not letting personal feelings bias decisions.

BUILD IT:
AVOID THE BLAME GAME: Everyone makes mistakes and it’s easy to assign blame. If you feel yourself wanting to blame someone, think about how you may have contributed to the mistake.
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.

HONESTY
Speaking the truth but more broadly, presenting oneself in a genuine way and acting in a sincere way.

BUILD IT:
WALK YOUR TALK: Practice showing up as a friend in the same way you would like your friends to act with you. Model behaviors you’d like to see from others.
DO WHAT YOU SAY: Practice integrity, part of honesty, by honoring your commitments. Be careful to only make commitments you can keep.

HOPE
Expecting the best in the future and working to achieve it; believing you can bring about a good future.

BUILD IT:
BEST POSSIBLE SELF: Describe a future in which you bring your full self into whatever you do and fully engage in life’s activities. Recall this throughout the day.
HOPEFUL PATHS: Think about one of your goals. Brainstorm 3 different pathways to get there and 5 reasons why you will be able to reach it.

HUMILITY
Letting one’s accomplishments speak for themselves; not regarding oneself as more special than one is.

BUILD IT:
BE A “HUMILITARIAN.” Identify 1-2 people who exemplify humility. Notice their actions and demeanor. Try to incorporate one observation into your own actions.
RECALL HUMILITY: Remember and write down a time you experienced humility. Explore the causes and results of this strength. Make sure the experience is genuine and not self-deprecatory.

HUMOR
Liking to laugh and tease; bringing smiles to other people; seeing the light side; making jokes.

BUILD IT:
STARTING YOUR DAY LAUGHING: Start your day watching a funny video, reading a favorite cartoon, or talking to someone who always makes you smile.
LAUGH IT OFF: When faced with a disappointing setback, look for the parts that made you smile or laugh.

JUDGMENT/CRITICAL THINKING
Thinking things through and examining them from all sides; not jumping to conclusions; changing one’s mind.

BUILD IT:
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.
SEEK OPPOSITION: Actively seek information that runs counter to your own personal views or behaviors.

GRATITUDE
Being aware and thankful for the good things that happen; taking time to express thanks.

BUILD IT:
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.
GRATITUDE NOTES: Carry a notebook and record your grateful moments. At the end of each day, try to have identified at least 3 things you are grateful for.

GIVING
Being helpful to others; contributing to the lives of others.

BUILD IT:
SHARING THE LOAD: Identify 1-2 people who exemplify giving. Notice their actions and demeanor. Try to incorporate one observation into your own actions.
DONATE: Identify a cause you want to support and donate 1-2% of your income to it.

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LEAD WITH STRENGTHS
- Identify team members’ strengths and acknowledge when they are used.
- Fully engage in your own strengths and use strengths language in your communications (i.e. emails, presentations, meetings).
- Attend strengths trainings and encourage others to attend to learn more about personal strengths and the strengths of others.
- Change your NKU password to a strength or deprecatory.

MY TOP STRENGTHS:

- Identify team members’ strengths and acknowledge when they are used.
- Fully engage in your own strengths and use strengths language in your communications (i.e. emails, presentations, meetings).
- Attend strengths trainings and encourage others to attend to learn more about personal strengths and the strengths of others.
- Change your NKU password to a strength or deprecatory.

Definitions and activities adapted from VIA Institute on Character and Ryan Niemiec’s Character Strengths Interventions book.