



# Strengths Use Plan

People who know their strengths and use them frequently tend to have higher self-esteem, better moods, and less stress. Learning to use strengths is something anyone can achieve.

In this activity, you will create a plan to use your strengths every day, for one week. You may use your strengths in either new or familiar ways

*Step 1: Circle three of your greatest strengths, or write your own.*

Creativity	Curiosity	Love of learning	Bravery
Honesty	Love	Kindness	Social Awareness
Leadership	Forgiveness	Humility	Self control
Optimism	Humor	Spirituality	Flexibility
Persistence	Appreciation of Beauty	Gratitude	Enthusiasm
Teamwork			

**Step 2: For the next week, write a brief plan for using your chosen strengths**

Example	Day	Strength	Plan
	One	Kindness	I will bring in breakfast for the office
	Two	Curiosity	After dinner, I will drive to a new part of town and go for a walk.
	Three	Curiosity	I will watch a documentary with my friend and discuss it afterward.