

Wheel of Well-being Character Strengths

An activity created by Dr Connie Allen
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Overview

This activity will help you understand and use your strengths. It is based on the 24 strengths that consistently emerge across history and culture. These strengths fall under six headings: wisdom, courage, humanity, justice, temperance and transcendence.



Why do this?

Regularly using your core character strengths—such as hope, zest, gratitude, love, and curiosity—is consistently linked to greater happiness and life satisfaction. People who make frequent use of their strengths also tend to experience higher levels of overall well-being.

Character strengths are associated with better job performance, both in self-evaluations and supervisor ratings. While the importance of specific strengths for job satisfaction may vary across occupations, certain strengths—like curiosity, gratitude, zest, and hope—are consistently related to greater work satisfaction.

Character strengths also help individuals manage stress more effectively and reduce its negative impact on job satisfaction. For both volunteers and paid employees, possessing and using a greater number of character strengths is linked to finding more meaning and well-being at work.

Instructions

1. Open the Values into Action website survey. Click on the 'take the free survey' box in the top right corner, follow the online instructions. It takes less than 15 minutes.
2. Note your top 3 characters strengths and answer the questions on the worksheet below.
3. Over the next month find opportunities to use your character strengths more.



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Note: If you're facilitating this activity with a group, you can save time by having participants complete the survey beforehand. Alternatively, you can distribute the character strengths sheet (see below) and ask participants to circle their top three strengths. They can then choose to complete the full survey later on in their own time.

Write down your top three strengths here:

1. _____
2. _____
3. _____

Are these strengths a good match for you? Why/why not?

How have you used these strengths in the last few months?

How could/will you use these strengths more over the next month?



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The 24 strengths from the VIA Strengths model, and the headings they fall under:

#	Strength	Description
Wisdom		
1	Creativity	Thinking of new ways to do things is a crucial part of who you are.
2	Curiosity	You like exploration and discovery.
3	Judgement	You think things through and examine them from all sides.
4	Love of learning	You have a passion for mastering new skills, topics, and bodies of knowledge.
5	Perspective	People who know you consider you wise.
Courage		
6	Bravery	You do not shrink from threat, challenge, difficulty, or pain.
7	Honesty	You live your life in a genuine and authentic way.
8	Perseverance	You work hard to finish what you start.
9	Zest	You approach everything you do with excitement and energy.
Humanity		
10	Kindness	You are kind and generous to others.
11	Love	You value close relations with others.
12	Social intelligence	You know how to fit into different social situations.
Justice		
13	Fairness	One of your abiding principles is to treat all people fairly.
14	Leadership	You excel at encouraging a group to get things done.
15	Teamwork	You excel as a member of a group.
Temperance		
16	Forgiveness	You forgive those who have done you wrong.
17	Humility	You do not seek the spotlight and others recognise and value your modesty.
18	Prudence	You are a careful person.
19	Self-regulation	You are a disciplined person.
Transcendence		
20	Appreciation of beauty	You notice and appreciate beauty and excellence in all domains of life.
21	Gratitude	You are aware of good things that happen and don't take them for granted.
22	Hope	You expect the best in the future, and you work to achieve it.
23	Humour	Bringing smiles to other people is important to you.
24	Spirituality	Your beliefs shape your actions and are a source of comfort to you.

Source: <https://www.viacharacter.org/www/Character-Strengths>



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