

12 REASONS

TO COMBINE MINDFULNESS AND CHARACTER STRENGTHS

1

Character strengths provide a common language of positive states and traits that define your goodness, many of which are organic outcomes of mindfulness.

2

Character strengths provide a focus to help you deal with vexing obstacles and barriers, such as your mind wandering, that naturally emerge during mindfulness practices.

3

Mindfulness makes you more aware of the positive potential within you and offers a pathway to explore and develop your character strengths.

4

Mindfulness and character strength practices create a virtuous circle of positive impact. Mindful awareness boosts character strengths use which, in turn, enlivens mindfulness.

5

Mindfulness promotes self-awareness and change activation by bringing your character strengths more clearly into view. It serves as a path to see yourself as you really are.

6

Mindfulness and character strength practices promote psychological flexibility and foster your ability to respond appropriately and successfully in different situations.

7

Mindfulness offers an anchor to the practice of character strengths and provides direction on how to apply your strengths.

8

Mindfulness helps you see your top character strengths as "extraordinary" instead of downplaying them as "ordinary", motivating you to use your strengths more.

9

Mindfulness provides a pathway for balanced character strength expression, helping you manage strengths overuse and underuse.

10

Mindfulness and character strengths support you in getting off the "hedonic treadmill" of quickly adapting to good or bad experiences by helping you appreciate the small pleasures in life.

11

Mindfulness and character strengths provide a counterbalance to the pervasive tendency to focus on and become impacted by what's wrong or bad.

12

Mindfulness boosts many strengths at once. Since each strength has elements of others within it, mindfulness focused on boosting one strength automatically enhances other strengths.