TIPS FOR USING EACH CHARACTER STRENGTH IN A NEW WAY

- **Creativity**
  Think of one of your problems and two possible solutions. Present the solutions non-verbally as an act or mime to someone.

- **Curiosity**
  Try a new food for the first time, preferably from a culture different than your own.

- **Judgment**
  Ask one or two clarifying questions of someone who has a different approach to life or different beliefs than you (e.g., a vegetarian).

- **Love of Learning**
  Read some of the original works of Gandhi online.

- **Perspective**
  For one of your interactions today: First, listen closely. Second, share your ideas and thoughts.

- **Bravery**
  Take on a new adventure or hobby that fits with one of your areas of interest.

- **Perseverance**
  Complete a small project that you have been putting off.

- **Honesty**
  Write a poem that expresses an inner truth.

- **Zest**
  Exert your energy in a unique way – jump on a bed, run in place, practice yoga or body stretching, or chase around a child or pet.

- **Love**
  Surprise somebody with a small gift that shows you care (e.g., flowers, a Starbucks coffee).

- **Kindness**
  Put coins in someone’s parking meter that has run out of money.

- **Social Intelligence**
  Start up a conversation with someone whom you normally would not say much more to than typical pleasantries. This person might be the woman at the checkout counter, a telemarketer, or a new employee.

- **Teamwork**
  Spot and express appreciation for the strengths expressed by your team members.

- **Fairness**
  Look for beings (e.g., people, animals) that are cast aside or typically held in disgust and go out of your way to treat them right.

- **Leadership**
  Discuss with someone who reports to you about how they can align their top character strength more in their work.

- **Forgiveness**
  Let go of a minor irritant or a grudge.

- **Humility**
  Ask someone you trust to give you feedback on your struggles and growth areas.

- **Prudence**
  Before you make a decision that is typically very easy, take one full minute to think about it before you take action.

- **Self-Regulation**
  The next time you feel irritated or nervous today, pause and breathe with the experience for a count of 10 breaths.

- **Appreciation of Beauty and Excellence**
  Go outside and stand still in a beautiful environment for 20 minutes.

- **Gratitude**
  Tell someone “thanks” who deserves it and is typically not recognized.

- **Hope**
  Consider a problem or struggle you are having. Write down two optimistic, realistic thoughts that bring comfort.

- **Humor**
  Do something spontaneous and playful around another person (e.g., saying something silly, contorting your body in a weird way, or telling a funny story or joke).

- **Spirituality**
  Read about a religion/spirituality different from your own and look for ways in which the core messages parallel one another.