

Wheel of Well-being

Character Strengths



Wellbeing activity created by Dr Connie Allen, Advance WoW Practitioner, 2019.

Purpose

This activity will help you understand and use your strengths. It is based on the 24 strengths that “consistently emerge across history and culture” (Peterson & Seligman, 2004, inside cover). These strengths fall under six headings: wisdom, courage, humanity, justice, temperance and transcendence. See over page for more information on each strength.

Instructions Open this website (<http://www.viacharacter.org/www/Character-Strengths-Survey>), click on the ‘take the free survey’ box in the top right corner, follow the online instructions (<15 minutes), and complete the questions below. Alternatively, turn the page, circle the three strengths that best define you, and answer the questions below.

Name and describe your top five strengths here:

1. _____
2. _____
3. _____
4. _____
5. _____

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

(e.g., good times, times of stress, to solve problems, at work/home)

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How could you use these strengths more?

(e.g., what is one way that you might use each strength more in your daily life)

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Here are 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 in to 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 recognize 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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Note: If you are facilitating this activity in a group, you might want to get people to circle their top strengths rather than completing the online survey, to avoid some people identifying their strengths in a few minutes, while others take 15 minutes to complete the survey. People can complete the survey in their own time if they choose to do so.

It also helps to have a copy of Langley Group's 'VIA Cards', as people can choose a card to represent one of their top strengths, read the front of the card to the group and talk about a time when they demonstrated that strength. These cards also have some tips on using each strength more often (back of card). They are available for around \$40 from: <https://langleygroup.com.au/product/via-strengths-cards/>.



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