

Wheel of Well-being

Character Strengths and WoW



What are Character Strengths?

Character strengths are positive traits/capacities that are personally fulfilling, do not diminish others, ubiquitous and valued across cultures, and aligned with numerous positive outcomes for oneself and others.

Your character strengths are the qualities that come most naturally to you. Every individual possesses all 24-character strengths in different degrees, giving each person a unique character profile. When you know your strengths, you can improve your life and thrive. Research reveals that people who use their strengths a lot are 18x more likely to be flourishing than those who do not use their strengths. (<https://www.viacharacter.org/>)

What are Signature Strengths?

Signature strengths are the strongest or most prominent in your own strengths profile (take the free **VIA Survey** to get your strengths profile). Ultimately, they are likely to be the strengths that matter most to you, that are most central to your personal identity.

Three key features are common in signature strengths called the 3 E's:

- Essential: the strength feels essential to who you are as a person.
- Effortless: when you enact the strength you feel natural and effortless.
- Energizing: using the strength uplifts you and leaves you feeling happy, in balance and ready to take on more.

We forget to take notice of our best strengths and find ways to let them loose in our lives

<https://www.viacharacter.org/topics/articles/what-are-your-signature-strengths>

“Too many people overvalue what they are not and undervalue what they are”

Malcolm Forbes

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What are the benefits of Character Strengths?

Research studies show that character strengths can lead to the following outcomes:

- Greater levels of flourishing
- More resilience
- Less distress
- Improved coping with stress
- More positive emotions
- Higher engagement with activities
- Increased life meaning
- Higher work productivity, job satisfaction, and work engagement
- Stronger and more intimate relationships

How do Character Strengths relate to WOW?

WoW	Some Related Character Strength(s)	How could I apply this Related Strength?
Body	Zest https://www.viacharacter.org/character-strengths/zest	
Mind	Strengths of Wisdom https://www.viacharacter.org/character-strengths including Love of Learning https://www.viacharacter.org/character-strengths/love-of-learning	
Spirit	Gratitude https://www.viacharacter.org/character-strengths/gratitude Kindness https://www.viacharacter.org/character-strengths/kindness Spirituality https://www.viacharacter.org/character-strengths/spirituality	

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People	<p>Love https://www.viacharacter.org/character-strengths/love</p> <p>Social Intelligence https://www.viacharacter.org/character-strengths/social-intelligence</p> <p>Forgiveness https://www.viacharacter.org/character-strengths/forgiveness</p>	
Place	<p>Appreciation of Beauty and Excellence https://www.viacharacter.org/character-strengths/appreciation-of-beauty-and-excellence</p>	
Planet	<p>Perspective https://www.viacharacter.org/character-strengths/perspective</p>	

What to know more?

Books

Niemiec, 2017, Character Strengths Interventions, A Field Guide for Practitioners, Hogrefe

Niemiec, 2019, The Strengths-Based Workbook for Stress Relief, New Harbinger Publications



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