

Personal Strengths



- People tend to be happier and more satisfied in their lives when using their “**strengths**” on a regular basis.
- The ‘Positive Psychology’ movement, started by Professor Martin Seligman, Ph.D., emphasizes things like abilities, potential and values, in contrast to the traditional medical model’s tendency to pathologize.

S.M.A.R.T.



Specific	Measurable	Attainable	Relevant	Time-Bound
<p>Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.</p>	<p>You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.</p>	<p>Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.</p>	<p>This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.</p>	<p>Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.</p>

CGPA BOOSTER :

- **Martin Seligman and Neal Mayerson, Ph.D.**, identifies **24 character strengths** that all people have, with the recognition that some of these are more pronounced or developed in some vs. others.
- These “virtues” were identified by a team of over 50 social scientists from different backgrounds including psychology, religion and philosophy.

- The 24 Character Strengths from Positive Psychology
- The character strengths are classified into 6 categories:

1. Wisdom & Knowledge:

- creativity,
- curiosity,
- judgment,
- love of learning,
- perspective

2. Courage

- bravery,
- honesty,
- perseverance,
- zest

3. Humanity

- love,
- kindness,
- social intelligence

4. Justice

- teamwork,
- fairness,
- leadership

5. Temperance

- forgiveness,
- humility,
- prudence,
- self-regulation

6. Transcendance

- appreciation of beauty & excellence;
- gratitude;
- hope;
- humor;
- spirituality

WISDOM

Wisdom deals with strengths that involve the way we acquire and use knowledge.

The quality of having experience, knowledge, and good judgement; the quality of being wise.

Creativity:



- Creativity falls in the virtue category of Wisdom.
- If Creativity is your top strength, thinking of new ways to do things is a crucial part of who you are.
- You are never content with doing something the straight way if a better way is possible.
- Wisdom deals with strengths that involve the way we acquire and use knowledge.

Key Concepts

- There are two essential components to Creativity- originality and adaptiveness.
- A creative individual generates ideas or behaviors that are novel or unusual and these make a positive contribution to the individual's life or the lives of others.

Creativity Motto: Do Things in a Different Way

Curiosity



- If Curiosity is your top strength, you are interested in learning more about anything and everything.
- You are always asking questions, and you find all subjects and topics fascinating.
- You like exploration and discovery.

Key Concepts

- There are two key components to curious individuals:
- They are interested in exploring new ideas, activities and experiences, and they also have a strong desire to increase their own personal knowledge.
- Curiosity Motto: Ask Questions, Lots of Them.



Judgment

- If Judgment is your top strength, thinking things through and examining them from all sides are important aspects of who you are.
- You do not jump to conclusions, and you rely only on solid evidence to make your decisions.
- You are able to change your mind.

Key Concepts of Judgement:

- The strength of judgment is a corrective strength in that it counteracts faulty thinking, such as favoring your current views or favoring ideas that are considered the dominant view, and therefore giving less attention to the less-dominant view.
- It is the willingness to search actively for evidence against your favored beliefs, plans or goals and to weigh all of the evidence fairly when it is available.
- Judgment Motto: Examine the details



Love Of Learning

- If Love of Learning is your top strength, *you love learning new things, whether in a class or on your own.*
- You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Key Concepts

- Love of learning describes the way in which a person engages new information and skills.
- Love of learning is a strength that teachers would like to see in their students, parents want to encourage in their children, therapists support in their clients, and employers try to foster in their employees.
- It has important motivational consequences because it helps people persist through challenges, setbacks and negative feedback.

Love of Learning Motto: Learn something from every situation

Perspective



- If Perspective is your top strength, *you have a way of looking at the world that makes sense to others and to yourself.*
- Although you may not think of yourself as wise, your friends hold this view of you.
- They value your perspective on matters and turn to you for advice.

Key Concepts

- Perspective is distinct from intelligence but represents a high level of knowledge, the capacity to give advice and to recognize and weight multiple sides before making decisions.
- It allows the individual to address important questions about the conduct and meaning of life.

Perspective Motto: Offer good advice.

COURAGE

- Courage describes strengths that deal with overcoming fear.
- These strengths can manifest themselves inwardly or outwardly as they are composed of cognitions, emotions, motivations and decisions.



Bravery:

- Bravery falls under the virtue category of Courage.
- If Bravery is your top strength, you are a courageous person who does not shrink from threat, challenge, difficulty, or pain.
- You speak up for what is right even if there is opposition.
- You act on your faith

Key Concepts

- There are three types of bravery (an individual may possess one of these or a combination):
- Physical bravery (e.g., firefighters, police officers, soldiers)
- Psychological bravery (e.g., facing painful aspects of oneself)
- Moral bravery (e.g., speaking up for what's right, even if it's an unfavorable opinion to a group)
- Bravery Motto
Face what you are afraid of

Honesty



- If Honesty is your top strength, you are a straightforward person, not only by speaking the truth but by living your life in a genuine and authentic way.
- You are down to earth and without pretense; you are a "real" person.

Key Concepts

- This strength involves accurately representing your internal states, intentions, and commitments, both publicly and privately.
- The strength of honesty is often linked to self-concordance—the extent to which your goals accurately represent your implicit interests and values. Honesty allows people to take responsibility for their feelings and behaviors, owning them, and reaping benefits by doing so.

Honesty Motto: Tell people the truth, (almost) all the time



Perseverance:

- If Perseverance is your top strength, you work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks

- Key Concepts
- Perseverance involves the voluntary continuation of a goal-directed action despite the presence of challenges, difficulties, and discouragement. There are two vectors of perseverance. It requires both effort for a task and duration to keep the task up.

Perseverance Motto: Don't Give Up.



Zest:

- If Zest is your top strength, you approach all experiences with excitement and energy.
- You never do anything halfway or halfheartedly. For you, life is an adventure.

Key Concepts

- Zest is a dynamic strengths that is directly related to physical and psychological wellness.
- This strength has the strongest ties to overall life satisfaction and a life of engagement.

Zest Motto: When in doubt, take action!

HUMANITY

- Kindness falls under the virtue category of Humanity.
- Humanity describes strengths that manifest in caring relationships with others.
- These strengths are interpersonal and are mostly relevant in one-on-one relationships.

Kindness:



- If Kindness is your top strength you are kind and generous to others, and you are never too busy to do a favor.
- You enjoy doing good deeds for others, even if you do not know them well.

Key Concepts

- Kind individuals believe that others are worthy of attention and affirmation for their own sake as human beings, not out of a sense of duty or principle. There are three traits of altruistic personalities:
 - Empathy/sympathy
 - Moral reasoning
 - Social responsibility
- Catching Kindness in Action

Kindness Motto: Be helpful, err toward caring.



Love:

- If Love is your top strength you value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

Key Concepts

- There are four types of love, each with a biological and evolutionary base:
 - Attachment love: parent for child; child for parent
 - Compassionate/altruistic love: kindness
 - Companionate love: friendship
 - Romantic love: spouse/partner/boyfriend/girlfriend
- Love Motto: Be a warm and strong listener.

Social Intelligence:



- If Social Intelligence is your top strength, you are aware of the motives and feelings of other people.
- You know what to do to fit in to different social situations, and you know what to do to put others at ease.
- Key Concepts
 - Social intelligence involves two general components:
 - Social awareness: what we sense about others
 - Social facility: what we do with our awareness
- Social Intelligence Motto
- Be friendly.

JUSTICE

- Justice describes strengths that make life fair. They are broadly interpersonal and describe the best interaction between the individual and a group or community.

Fairness

- If Fairness is your top strength, treating people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance

Key Concepts

- Fairness is a cognitive judgment capacity that involves reasoning and making judgments. It involves 2 types of reasoning:
- Justice reasoning which emphasizes logic and weighing principles to determine moral rights and responsibilities.
- Care reasoning which includes empathy and compassion; the ability to put yourself in somebody else's shoes.

Fairness Motto

- Treat people the way you want to be treated





Leadership:

- If Leadership is your top strength, you excel at encouraging a group to get things done and preserving harmony within the group by making everyone feel included.
- You do a good job organizing activities and seeing that they happen.

Key Concepts

- Leadership is a social phenomenon that can be distinguished into two areas:
 - Practice- defining, establishing, identifying or translating direction
 - Personal quality- the motivation and capacity to seek out, attain and carry out leader roles.
- There are two types of leaders:
 - Transactional leaders- this type of leader clarifies responsibilities, expectations, and the tasks to be accomplished.
 - Transformational leaders- this leader motivates their followers to perform at an extremely high level, fostering a climate of trust and commitment to the organization and its goals

Leadership Motto

- Organize activities for others

Teamwork:

- If Teamwork is your top strength, you excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Key Concepts

- Teamwork is closely related to 3 other concepts:
- Citizenship: responsibility toward one's community
- Loyalty: unwavering trust for a group
- Patriotism: loyalty toward one's homeland/nation without hostility toward other nations.

Teamwork Motto

- Work side-by-side with others.



Temperance

- Temperance deals with strengths that protect us from excess.
- It is the practiced ability to monitor and manage one's emotions, motivation and behavior in the absence of outside help.



Forgiveness:

- If Forgiveness is your top strength, you are good at forgiving those who have done you wrong.
- You always give people a second chance. You believe in mercy, and not revenge.

Key Concepts

- It is important to distinguish forgiveness from:
 - condoning (removes the offense)
 - forgetting (removes the awareness)
 - reconciliation (restores the relationship)
- Instead forgiveness is a strength that we employ to protect ourselves from the feeling of hatred. It is a specialized form of mercy; a general concept of feeling kindness and compassion towards others.

Forgiveness Motto

- Let It Go

Humility:

- If Humility is your top strength, you do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

Key Concepts

- A common misconception is that humility involves having a low self-esteem, a sense of unworthiness, and/or a lack of self-focus.
- However, true humility involves an accurate self-assessment, recognition of limitations, keeping accomplishments in perspective, and forgetting of the self.
- Humble people do not distort information to defend or verify their own image, and they do not need to see-or present- themselves as being better than they actually are.

Humility Motto: Place attention on others.



Prudence:

- If Prudence is your top strength, you are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

Key Concepts

- Prudence involves far-sighted planning as well as short-term, goal-directed planning. It is often referred to as cautious wisdom, practical wisdom, and practical reason.

Prudence Motto

- Think before you act.





Self-Regulation:

- If Self-Regulation is your top strength, you self-consciously regulate what you feel and what you do.
- You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.

Key Concepts

- Self-Regulation can be viewed as a resource that can be depleted and fatigued.
- A useful metaphor can be that self-regulation acts like a muscle, which can be exhausted through over-exertion or strengthened through regular practice.

Self-Regulation Motto: Manage your feelings.

TRANSCENDENCE

- Transcendence describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.

Appreciation Of Beauty And Excellence

- If Appreciation of Beauty and Excellence is your top strength you notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

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Key Concepts

- There are three types of goodness for which individuals high in Appreciation of Beauty and Excellence are responsive to:
- Physical beauty. This may be visual, auditory, tactile, or abstract. This type of goodness produces awe and wonder in the individual experiencing it.
- Skill or talent (excellence). This is often energizing, and makes the individual want to pursue their own goals. It produces admiration.
- Virtue or moral goodness (moral beauty). Virtue goodness makes the individual want to be better, more loving, and produces feelings of elevation

Your Strength Motto

- Find beauty in nature, art, ideas, and people



Gratitude

- If Gratitude is your top strength you are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express thanks.

Key Concepts

- There are two types of gratitude:
- Benefit-triggered gratitude=the state that follows when a desired benefit is received from a benefactor.
- Generalized gratitude=the state resulting from awareness and appreciation of what is valuable and meaningful to yourself.
- There are two stages of gratitude:
- Acknowledging the goodness in your life.
- Recognizing the source of this goodness is outside yourself.

Gratitude Motto

- Tell people “thank you,” often



Hope:

- If Hope is your top strength you expect the best in the future, and you work to achieve it.
- You believe that the future is something that you can control.

Key Concepts

- Optimism is closely linked with having a particular explanatory style (how we explain the causes of bad events). People using an optimistic explanatory style interpret events as external, unstable and specific. Those using a pessimistic explanatory style interpret events as internal, stable and global.

Hope Motto: Be positive, especially when others are not

Humor



- If Humor is your top strength you like to laugh and tease. Bringing smiles to other people is important to you.
 - You try to see the light side of all situations
- Key Concepts
- Humor involves the ability to make other people smile or laugh. It also means having a composed and cheerful view on adversity that allows an individual to see its light side and thereby sustain a good mood.
 - Using Carol Burnett To Build Humor
 - Humor Motto
 - Laugh a lot, with others



Spirituality

- If Spirituality is your top strength you have strong and coherent beliefs about the higher purpose and meaning of the universe.
- You know where you fit in the larger scheme.
- Your beliefs shape your actions and are a source of comfort to you.

Key Concepts

- Spirituality is believed to describe both the private, intimate relationship between humans and the divine, and the range of virtues that result from the relationships.
- Spirituality is universal.
- Although the specific content of spiritual beliefs varies, all cultures have a concept of an ultimate, transcendent, sacred force.

Spirituality Motto: Look for what is sacred in this moment.

SUMMARY

Strengths of Wisdom and Knowledge: Cognitive strengths that entail the acquisition and use of knowledge

- 1. ***Creativity*** [*originality, ingenuity*]: Thinking of novel and productive ways to conceptualize and do things.
- 2. ***Curiosity*** [*interest, novelty-seeking, openness to experience*]: Taking an interest in ongoing experience for its own sake; exploring and discovering.
- 3. ***Open-mindedness*** [*judgment, critical thinking*]: Thinking things through and examining them from all sides; weighing all evidence fairly.
- 4. ***Love of learning***: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally.
- 5. ***Perspective*** [*wisdom*]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

*Strengths of **Courage***: Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external and internal

- 6. **Bravery** [*valor*]: Not shrinking from threat, challenge, difficulty, or pain; acting on convictions even if unpopular.
- 7. **Persistence** [*perseverance, industriousness*]: Finishing what one starts; persisting in a course of action in spite of obstacles.
- 8. **Integrity** [*authenticity, honesty*]: Presenting oneself in a genuine way; taking responsibility for one's feeling and actions.
- 9. **Vitality** [*zest, enthusiasm, vigor, energy*]: Approaching life with excitement and energy; feeling alive and activated.

Strengths of Humanity: interpersonal strengths that involve tending and befriending others

- 10. **Love**: Valuing close relations with others, in particular those in which sharing and caring are reciprocated.
- 11. **Kindness** [*generosity, nurturance, care, compassion, altruistic love, "niceness"*]: Doing favors and good deeds for others.
- 12. **Social intelligence** [*emotional intelligence, personal intelligence*]: Being aware of the motives and feelings of other people and oneself.

Strengths of Justice: civic strengths that underlie healthy community life

- 13. **Citizenship** [*social responsibility, loyalty, teamwork*]: Working well as a member of a group or team; being loyal to the group.
- 14. **Fairness**: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others.
- 15. **Leadership**: Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group.

Strengths of Temperance: strengths that protect against excess

- 16. ***Forgiveness and mercy***: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.
- 17. ***Humility / Modesty***: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.
- 18. ***Prudence***: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.
- 19. ***Self-regulation [self-control]***: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Strengths of Transcendence: strengths that forge connections to the larger universe and provide meaning

- 20. **Appreciation of beauty and excellence** [*awe, wonder, elevation*]: Appreciating beauty, excellence, and/or skilled performance in various domains of life.
- 21. **Gratitude**: Being aware of and thankful of the good things that happen; taking time to express thanks.
- 22. **Hope** [*optimism, future-mindedness, future orientation*]: Expecting the best in the future and working to achieve it.
- 23. **Humor** [*playfulness*]: Liking to laugh and tease; bringing smiles to other people; seeing the light side.
- 24. **Spirituality** [*religiousness, faith, purpose*]: Having coherent beliefs about the higher purpose, the meaning of life, and the meaning of the universe.