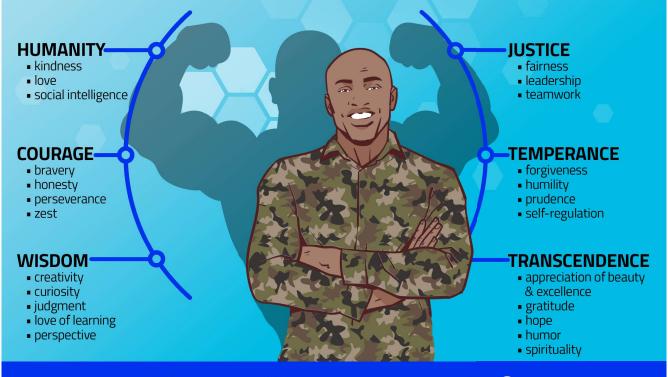
LEVERAGE YOUR CHARACTE STRENGTHS

Understanding our best qualities helps us bring those strengths to our relationships, work, goals, and to face challenges.

Can you identify your best traits?

There are 24 commonly known character strengths categorized into six virtues.



How can I use my strengths?

Everyone has a unique profile of strengths. Identify your top strengths and reflect on how you can take purposeful action in bringing those qualities to your home and work. For example:









Visit ViaCharacter.org to take the VIA Survey for your personalized character strength profile: https://www.viacharacter.org/character-strengths.

For more ways to strengthen your resilience, connect with us at:



