

The background features a textured, light orange surface. There are four decorative heart shapes in a light cream color. Two are positioned at the top right, and two are at the bottom right. A large, faint heart shape is also visible behind the text.

**24 Ways
to See the
Best
in Yourself**

 *Kristen Carter*

**Believing
in yourself
changes
everything.**

Contents

Introduction.....	1
Strengths of Wisdom and Knowledge.....	2
Strengths of Courage	3
Strengths of Humanity	4
Strengths of Justice	5
Strengths of Temperance.....	6
Strengths of Transcendence.....	7
A Circle of Strengths.....	8
Sample Strengths Journal.....	9
Sample Strengths Planner	10



© Kristen Carter, 2020

www.kcarter.com



Introduction

You may have picked up the idea somewhere during the course of your life that you are not good enough in some way. Or several ways. Society, media, social media, friends from middle school, a boss or even your family may have sent you messages that made you feel insecure.

If you're like most people, you believed those messages and may have spent years trying to fix the things you thought were wrong with you.

Hasn't that felt incredibly hard and draining?

It certainly drained me, and it also kept me from boldly being who I was born to be – UNTIL I discovered how to focus on my strengths instead of my (perceived) weaknesses. I realized that I didn't have to change a single thing to feel better about myself and even to DO better in almost all areas of my life, from work to parenting to just having fun.

I wish the same for you. I wish you **true confidence** – the kind that is anchored deep inside you. The kind that doesn't depend on other people validating your value. The kind that lasts a lifetime.

This booklet will give you an introduction to the most powerful strengths framework* I've ever discovered. Use it to:

- Learn about the 24 strengths researchers say are admired and valued all over the world
- Choose which ones feel like part of your own character
- Explore the ways your strengths are already part of the good things in your life
- Plan ways to use your strengths more deliberately to be happier, more productive, more engaged and to feel a greater sense of purpose

* VIA Assessment of Strengths, www.viacharacter.org

CHARACTER STRENGTHS

Wisdom and Knowledge

- Creativity
- Curiosity
- Love of Learning
- Open-mindedness
- Perspective

Courage

- Bravery
- Honesty
- Perseverance
- Zest

Humanity

- Kindness
- Love
- Social Intelligence

Justice

- Fairness
- Leadership
- Teamwork

Temperance

- Forgiveness
- Humility
- Prudence
- Self-Control

Transcendence

- Awe
- Gratitude
- Hope
- Humor
- Spirituality

Strengths of Wisdom & Knowledge

Cognitive strengths that entail the acquisition and use of knowledge

	<h2>Creativity</h2> <ul style="list-style-type: none"> • You have a good imagination, • Come up with new ways to do things, and can • Think “outside the box.”
	<h2>Curiosity</h2> <ul style="list-style-type: none"> • You like to explore and discover, • Find new topics and subjects fascinating, and • Enjoy experiencing new things.
	<h2>Love of Learning</h2> <ul style="list-style-type: none"> • You enjoy mastering new skills, topics or bodies of knowledge, and • Enjoy building on what you know.
	<h2>Open-Mindedness</h2> <ul style="list-style-type: none"> • You don't jump to conclusions, • Are able to change your mind, and • Weigh all evidence fairly.
	<h2>Perspective</h2> <ul style="list-style-type: none"> • You have a way of looking at the world that makes sense to you and others, and • People ask for your opinion.

Strengths of Courage

Emotional strengths that involve the exercise of will to accomplish goals in the face of internal or external opposition

	<p>Bravery</p> <ul style="list-style-type: none"> • You don't shrink from challenges, • You speak up for what's right, and • You act on your convictions.
	<p>Honesty</p> <ul style="list-style-type: none"> • You are genuine and sincere, • Accept responsibility for yourself, and • Speak the truth.
	<p>Perseverance</p> <ul style="list-style-type: none"> • You finish what you start, • Stay on track despite obstacles, and • Feel good about completing tasks.
	<p>Zest</p> <ul style="list-style-type: none"> • You approach life with excitement, • Don't do things half-heartedly, and • Live life as an adventure.

*"Mastering others is strength.
Mastering oneself makes you fearless."*

~ Lao Tzu ~

Strengths of Humanity

Interpersonal strengths that involve tending and befriending others

	<p>Kindness</p> <ul style="list-style-type: none"> • You take care of people, • Do favors and kind deeds for others, and • Help people.
	<p>Love</p> <ul style="list-style-type: none"> • You value close relationships, especially those that are reciprocal, and • Are able to give and receive expressions of love.
	<p>Social Intelligence</p> <ul style="list-style-type: none"> • You are aware of your own and other people's feelings and motives, • Know what makes other people tick, and • Know how to fit in.

*"To handle yourself, use your head;
to handle others, use your heart."*

~ Eleanor Roosevelt ~

Strengths of Justice

Civic strengths that underlie healthy community life

	<h2>Fairness</h2> <ul style="list-style-type: none"> • You treat all people fairly and justly, • Don't let your feelings get in the way, and • Give everyone a fair chance.
	<h2>Leadership</h2> <ul style="list-style-type: none"> • You organize group activities and see that they happen, and • Encourage people to get things done while keeping the peace.
	<h2>Teamwork</h2> <ul style="list-style-type: none"> • You are loyal to groups you belong to, • Work well as a member of a team, and • Do your share.

*"You can do what I cannot do.
I can do what you cannot do.
Together we can do great things."
~ Mother Teresa ~*

Strengths of Temperance

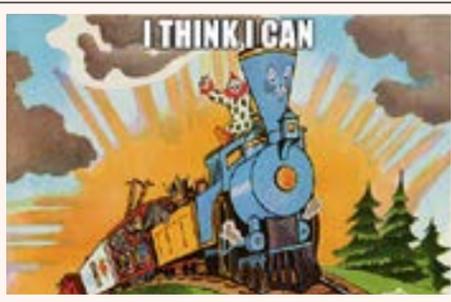
Strengths that protect against personal overindulgence

	<h2>Forgiveness</h2> <ul style="list-style-type: none"> • You forgive those who do wrong, • Accept others' shortcomings, and • Give people a second chance.
	<h2>Modesty</h2> <ul style="list-style-type: none"> • You don't think of yourself as being more special than others, and you • Let your accomplishments speak for themselves.
	<h2>Prudence</h2> <ul style="list-style-type: none"> • You keep long-term goals in mind, • Can delay immediate gratification in order to have a better future, and • Don't take unnecessary risks.
	<h2>Self-Control</h2> <ul style="list-style-type: none"> • You regulate what you feel and do, and • Have the self-discipline to control your emotions and behaviors.

*"If you do not conquer self,
you will be conquered by self."
~ Napoleon Hill ~*

Strengths of Transcendence

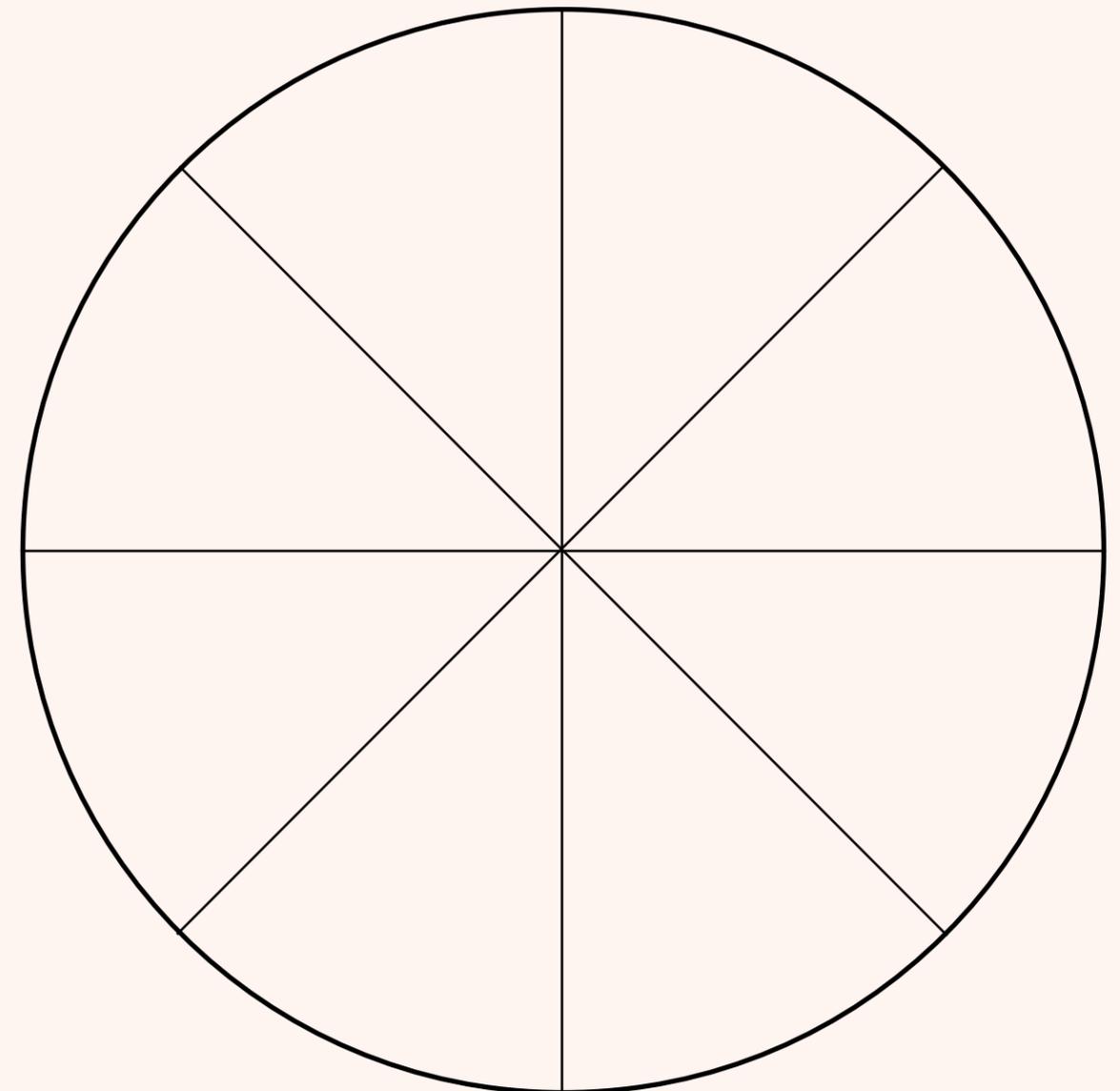
Strengths that forge connections to the universe and provide meaning

	<p>Awe</p> <ul style="list-style-type: none"> You notice and appreciate beauty, excellence and skilled performance in various areas of life, from art and nature to sport and everyday experience.
	<p>Gratitude</p> <ul style="list-style-type: none"> You are aware of and thankful for the good things that happen, and Take time to express appreciation.
	<p>Hope</p> <ul style="list-style-type: none"> You expect the best in the future and work to achieve it, and Believe a good future is something that can be brought about.
	<p>Humor</p> <ul style="list-style-type: none"> You like to laugh and tease, Bring smiles to other people, and See the light side.
	<p>Spirituality</p> <ul style="list-style-type: none"> You believe there's a higher purpose, Have a sense of where you fit in, and Behave accordingly.

Your Circle of Strengths

Put the names of the strengths you see in yourself in the circle segments below. In the extra spaces, add a few things you are good at (singing on key, dancing, whatever), or that demonstrate how you use your strengths.

Notice how and when these strengths and talents show up in your life, especially when they make you feel good.



Sample Strengths Journal

*If I could teach you one practice, this would be it.
It's like a gratitude journal, but with the added power of
encouraging you to acknowledge how your own efforts and strengths
help make good things happen. It's one of the most effective tools
I know to build confidence.*

What went well today?

♥ Why did that go well? Did I use a strength to make it happen?

What went well today?

♥ Why did that go well? Did I use a strength to make it happen?

What went well today?

♥ Why did that go well? Did I use a strength to make it happen?

Sample Strengths Planner

*Use the sample planner below to explore ways you can use your
strengths in new ways and to improve your life.*

Which of my strengths could I use in a way that would make me happy?

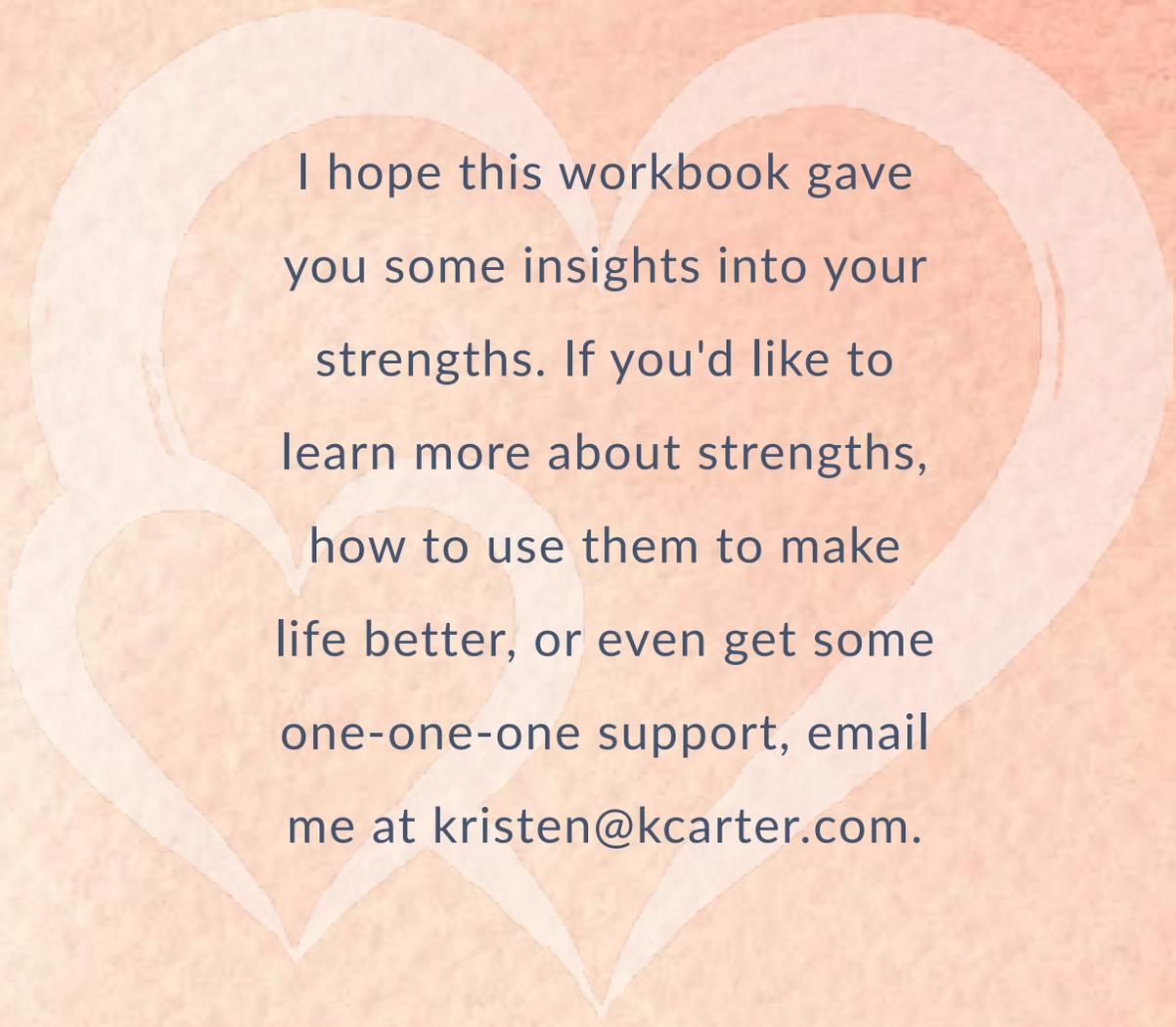
Which of my strengths could I use to make a positive connection with someone?

Which of my strengths could I use to accomplish something at work or at school?

Which of my strengths could I use in the service of others? (This helps to give life meaning and purpose.)

Which of my strengths could I use in a way that would make me feel healthier?

What else could I use my strengths for?



I hope this workbook gave you some insights into your strengths. If you'd like to learn more about strengths, how to use them to make life better, or even get some one-one-one support, email me at kristen@kcarter.com.

 *Kristen Carter*

© Kristen Carter, 2020

www.kcarter.com