



Strengths Cards

Discover your inner strengths on a journey of self-
discovery and empowerment

Welcome

Welcome to your exploration of self-discovery and empowerment through these Strength Cards.

These Strength Cards draw inspiration from the foundational work of Martin Seligman and Christopher Peterson as outlined in their influential book, "*Character Strengths and Virtues: A Handbook and Classification*." Rooted in the Positive Psychology movement, these cards encapsulate the essence of the six virtues - wisdom, courage, humanity, justice, temperance, and transcendence - each comprising various character strengths. The selection and organisation of strengths within these cards are intricately woven into the framework, aiming to empower you in recognising, cultivating, and applying your unique strengths for personal development and well-being.

We hope these Strength Cards serve as catalysts for positive transformation, guiding you toward a path of continuous growth, resilience, and an enriched sense of self.



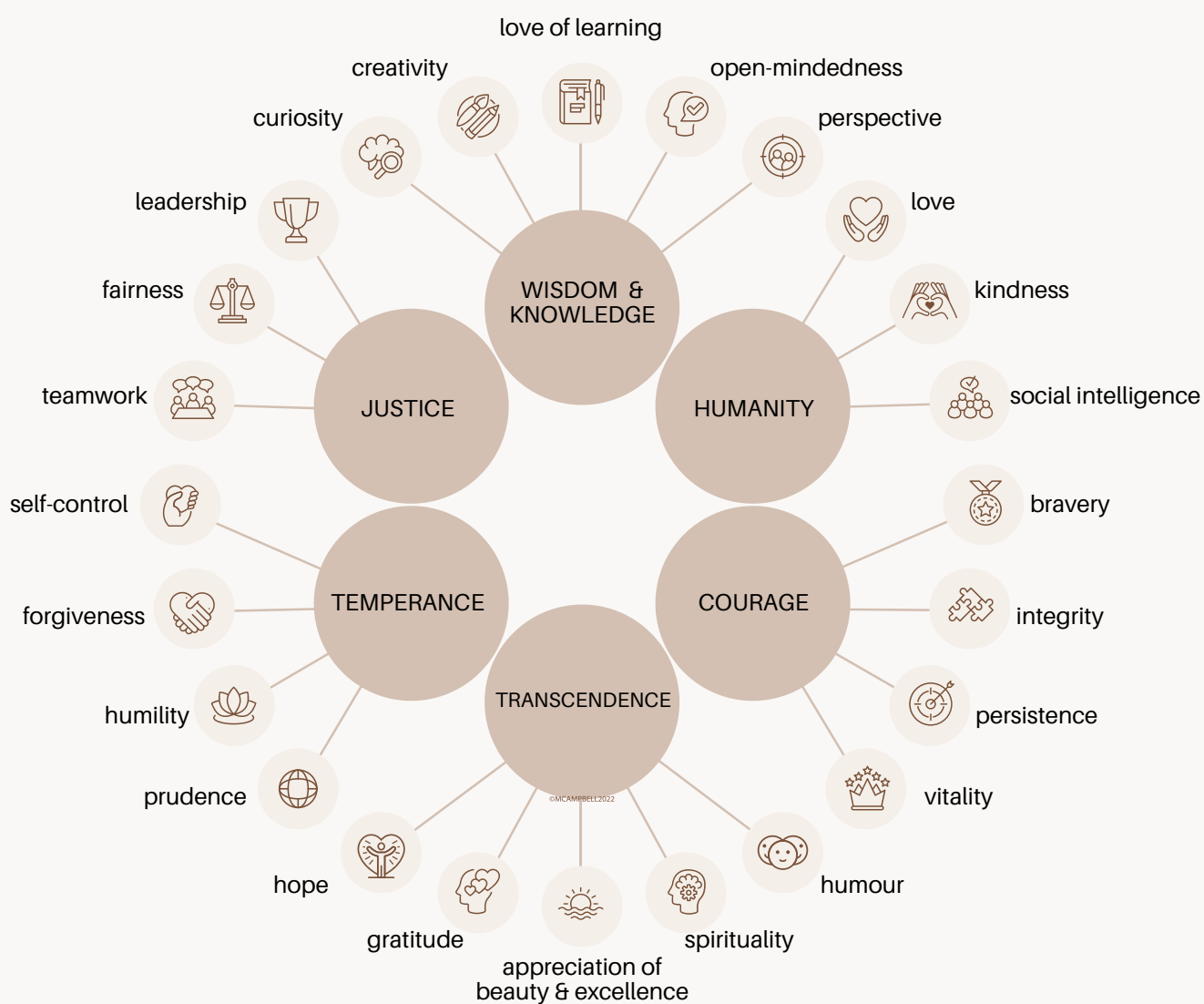
Ways to Use these Strength Cards

Here are six ways you can use these Strength Cards in your therapy practice. From writing in a journal to sharing strengths in a group, you can easily make these cards a helpful part of your self-discovery journey.

1	Reflective Journaling:	Invite your clients to select a strength card that resonates with them in the present moment. Ask them to reflect on how this strength manifests in their life and to journal about specific situations where they can consciously apply this strength to enhance their overall well-being.
2	Strengths-Based Goal Setting:	Guide your clients in choosing three strength cards that align with their personal goals. Encourage them to identify practical actions and behaviours associated with each strength, forming a strengths-based roadmap for achieving their objectives. Discuss how leveraging these strengths can contribute to their success.
3	Group Strength Sharing:	In a group therapy setting, distribute the strength cards among participants. Ask each individual to share a strength that resonates with them and explain how they've observed or experienced this strength in others within the group. Facilitate a discussion on collective strengths and how they can support one another.
4	Visualisation and Affirmation:	Incorporate visualisation techniques by having clients choose a strength card that represents a quality they aspire to enhance. Guide them in visualising scenarios where this strength is prominent in their lives. Create positive affirmations related to this strength to reinforce a constructive mindset.
5	Strengths-Based Problem Solving:	When faced with challenges, encourage clients to draw a strength card randomly. Ask them to consider how the strength depicted on the card can be applied to address the issue. This exercise promotes creative problem-solving and empowers clients to approach difficulties with a strengths-oriented perspective.
6	Strengths Appreciation Exercise:	During a session, have clients select a strength card that represents a quality they admire in someone else. Explore the reasons behind their choice and discuss how appreciating these strengths in others can serve as a source of inspiration and motivation for personal growth.

Your Virtues & Strengths

In *Character Strengths and Virtues: A Handbook and Classification*, Peterson and Seligman identify 6 virtues and their corresponding 24 character strengths as shown in the diagram. Look at the diagram, identify your key virtues and strengths and record them in the table below.



MY KEY VIRTUES AND STRENGTHS:

Your Virtues & Strengths

In *Character Strengths and Virtues: A Handbook and Classification*, Peterson and Seligman identify 6 virtues and their corresponding 24 character strengths as shown in the list. Look at the list and identify your key virtues and strengths .

Wisdom and Knowledge

Creativity: Thinking of new ways to think about and do things

Curiosity: Taking interest in new experiences

Open-mindedness: Thinking about things by examining from all angles

Love of learning: Mastering new skills and topics

Perspective: Having ways to step back and look at life experiences

Courage

Bravery: Facing obstacles, not shrinking from threat, speaking your truth

Integrity: Speaking your truth and being authentic and sincere

Vitality: Approaching life with enthusiasm and zest

Persistence: Persevering with something despite obstacles and challenges

Humanity

Kindness: Doing good deeds, being helpful, and generous to others

Love: Valuing close relationships

Social intelligence: Being aware of the feelings of others

Justice

Teamwork: Working as a part of a team

Fairness: Treating all people the same

Leadership: Motivating and supporting people in a group

Temperance

Forgiveness: Forgiving others and giving them a second chance

Humility: Allowing accomplishments to speak for themselves

Prudence: Being careful and not taking undue risks

Self-control: Regulating feelings and actions

Transcendence:

Appreciation of beauty: Noticing beauty and excellence in life

Spirituality: Believing in the higher purpose of the universe

Humour: Seeing the lighter side of life

Hope: Expecting the best from the future

Gratitude: Being thankful for all the good things

Wisdom and Knowledge

Creativity

Curiosity

Open-mindedness

Love of learning

Perspective





CREATIVITY

Creativity is the ability to think outside the box, generate novel ideas, and express oneself in original and imaginative ways. It involves seeing connections, embracing curiosity, and approaching challenges with an open mind.

CREATIVITY

"I am creative. I tap into my unique imagination, allowing innovative ideas to flow freely and bringing originality to every aspect of my life."

Coaching Questions

How do you currently express your creativity in your personal and professional life?

Can you identify any self-imposed limitations or beliefs that might be hindering your creative expression?

What activities or environments tend to inspire and nurture your creative thinking?

In what ways can you incorporate more playfulness and experimentation into your problem-solving or decision-making processes?

Actions

Divergent Thinking:

Engage in exercises that encourage divergent thinking, such as brainstorming sessions or mind mapping, to explore a variety of ideas without judgement.

Explore a New Medium:

Experiment with a creative medium you haven't tried before, whether it's painting, writing, music, or any other form of artistic expression.



CURIOSITY

Curiosity is the eagerness to explore, learn, and inquire. It involves a strong desire to understand the world, ask questions, and seek knowledge. Curious individuals approach life with an open mind and a sense of wonder.

CURIOSITY

"I am curious. I embrace the unknown with excitement, constantly seeking to learn and grow, and I find joy in the exploration of new ideas and experiences."

Coaching Questions

How would you describe your current level of curiosity in different areas of your life?

Can you recall a time when curiosity led to a positive or transformative experience for you?

In what situations do you find it challenging to maintain a curious mindset, and what obstacles might be in the way?

What steps can you take to incorporate more curiosity into your daily routines and decision-making processes?

Actions

Ask "Why" and "What If" Questions:

Challenge yourself to ask more open-ended questions that begin with "why" or "what if," encouraging deeper exploration and understanding.

Learn Something New:

Engage in activities or pursue knowledge in an area you know little about. This could be through reading, taking a class, or attending a workshop.



OPEN- MINDEDNESS

Open-mindedness is the willingness to consider and embrace new ideas, perspectives, and possibilities. It involves avoiding judgement, being receptive to diverse opinions, and maintaining flexibility in one's thinking.

OPEN-MINDEDNESS

"I am open-minded. I approach life with a receptive heart and mind, valuing the richness that diverse perspectives bring to my understanding of the world."

Coaching Questions

How do you currently approach differing opinions or perspectives, especially when they challenge your own beliefs?

Can you recall a situation where being open-minded led to a positive outcome or a deeper understanding?

In what areas of your life do you find it most challenging to maintain an open mind, and why?

How can you intentionally expose yourself to new ideas and viewpoints to broaden your perspective?

Actions

Active Listening:

Practise active listening without interrupting or immediately formulating responses. Seek to understand others' viewpoints before expressing your own.

Expose Yourself to Diversity:

Read books, attend events, or engage in conversations with people who have different perspectives, backgrounds, or experiences.



LOVE OF LEARNING

Love of learning is the intrinsic motivation and enthusiasm for acquiring new knowledge, skills, and experiences. It involves a continual pursuit of intellectual growth and a joy in the process of discovery.

LOVE OF LEARNING

"I have a love of learning. I approach each day with a curious mind, excited to expand my understanding and embrace the opportunities for growth that come my way."

Coaching Questions

How do you currently incorporate a love of learning into your daily life?

Can you identify specific subjects or areas that genuinely excite your curiosity and passion for learning?

In what ways can you create a learning environment that aligns with your personal interests and goals?

How do you respond to challenges or setbacks in the learning process, and what strategies can you employ to maintain enthusiasm?

Actions

Set Learning Goals:

Identify specific areas of interest or skills you want to develop and set achievable learning goals for yourself.

Diversify Learning Methods:

Experiment with different learning methods, such as reading, attending workshops, online courses, or engaging in hands-on experiences.



PERSPECTIVE

Perspective is the mental framework through which individuals interpret and make sense of the world around them. It involves the ability to see situations from different viewpoints and appreciate the complexity of varying experiences and opinions.

PERSPECTIVE

"I embrace diverse perspectives. I recognize the richness that different viewpoints bring to my understanding, fostering empathy and expanding my own insights."

Coaching Questions

How would you describe your current perspective on a particular situation or challenge?

Can you recall a time when gaining a new perspective significantly influenced your understanding of a situation or relationship?

In what ways can actively seeking diverse perspectives enhance your decision-making process?

How does your perspective impact your emotions and reactions to different situations?

Actions

Seek Feedback:

Actively seek feedback from others, especially those with differing viewpoints, to gain a more comprehensive understanding of a situation.

Empathy Exercise:

Put yourself in someone else's shoes. Consider the situation from their perspective, understanding their emotions and motivations.

Courage

Bravery
Integrity
Vitality
Persistence





BRAVERY

Bravery is the ability to confront and overcome fear, adversity, or challenges with a fearless and bold spirit. It is the willingness to take bold action, stand up for one's beliefs, and face difficult situations with determination and resilience.

BRAVERY

"I am brave. I face challenges fearlessly, embracing the strength within me to overcome obstacles and navigate life's uncertainties."

Coaching Questions

What challenges or fears are currently present in your life that require an extra dose of bravery to confront?

How do the actions you're considering align with your core values and the person you aspire to be?

Recall a time in your life when you demonstrated bravery. What can you learn from that experience to apply to your current challenges?

Who or what resources can provide support as you face challenges bravely? How can you strengthen your support system?

Actions

Face a Fear Head-On:

Identify a fear that has been holding you back, and take deliberate steps to confront and overcome it. This could involve seeking support or gradually exposing yourself to the fear.

Speak Up:

Practise bravery by expressing your opinions or advocating for yourself or others in a situation where your voice needs to be heard. This could be in a personal or professional setting.



INTEGRITY

Integrity is the quality of being honest and having strong moral principles. It involves consistency in thoughts, actions, and values, and it means doing what is right, even when no one is watching.

INTEGRITY

"I embody integrity. My actions align with my values, and I consistently choose the path of honesty and moral strength."

Coaching Questions

How do you ensure that your actions align with your core values and moral principles?

Can you identify a specific situation where maintaining integrity was challenging? What did you learn from that experience?

In what ways can you strengthen your commitment to honesty and moral uprightness in both personal and professional aspects of your life?

How does practising integrity contribute to your sense of self-worth and the trust others place in you?

Actions

Consistent Honesty:

Make a commitment to be consistently honest in your interactions, even when it may be uncomfortable. Avoid exaggerations or misleading statements.

Reflect on Values:

Regularly reflect on your core values and principles. Consider how your actions align with these values and make adjustments if needed.



VITALITY

Vitality is the state of being full of life, energy, and enthusiasm. It involves a vibrant and dynamic approach to life, embracing physical, mental, and emotional well-being with enthusiasm and zest.

VITALITY

"I radiate vitality. My energy and enthusiasm for life are contagious, inspiring positive action and well-being in myself and those around me."

Coaching Questions

How would you describe your current level of energy and enthusiasm in different aspects of your life?

What activities or practices bring you a sense of vitality and energise you the most?

In what ways can you incorporate more elements of joy, passion, and enthusiasm into your daily routine?

How does your physical well-being contribute to your overall sense of vitality, and what changes can you make to enhance it?

Actions

Daily Movement:

Incorporate regular physical activity into your routine, whether it's through exercise, walking, dancing, or any form of movement that brings you joy.

Mindful Presence:

Practise being fully present in the current moment, appreciating the small joys and positive aspects of your surroundings.



PERSISTENCE

Persistence is the quality of steadfastly pursuing a goal or course of action despite challenges, obstacles, or setbacks. It involves determination, resilience, and the ability to stay committed to one's objectives over time.

PERSISTENCE

"I am persistent. In the face of challenges, I remain determined and resilient, continuing to move forward toward my goals with unwavering commitment."

Coaching Questions

When faced with obstacles or setbacks, how do you typically respond?

Can you recall a situation in your life where persistence played a crucial role in achieving a significant goal? What did you learn from that experience?

How do you handle self-doubt or moments when your motivation wavers?

In what ways can you break down larger goals into smaller, more manageable steps to maintain persistence over time?

Actions

Set SMART Goals:

Define specific, measurable, achievable, relevant, and time-bound goals, breaking them down into smaller tasks. This provides clarity and helps maintain focus.

Celebrate Small Wins:

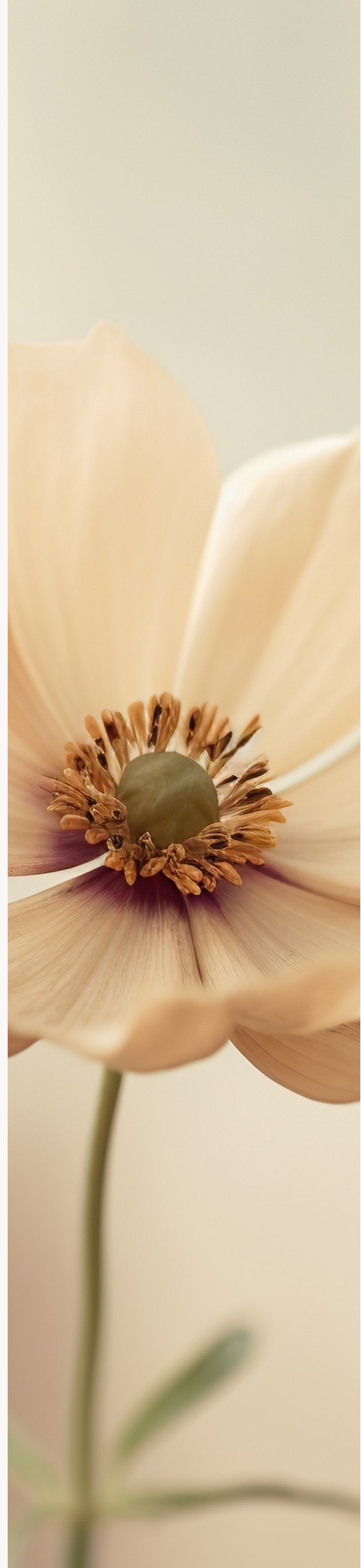
Acknowledge and celebrate small achievements along the way to keep motivation high and reinforce the habit of persistence.

Humanity

Kindness

Love

Social intelligence





KINDNESS

Kindness is the quality of being friendly, considerate, and compassionate towards oneself and others. It involves thoughtful gestures, empathy, and a genuine desire to contribute positively to the well-being of those around you.

KINDNESS

"I radiate kindness. My actions and words are rooted in compassion, creating a ripple effect of warmth and goodwill in my interactions with others."

Coaching Questions

How do you currently express kindness in your daily interactions, both towards yourself and others?

Can you recall a specific instance when an act of kindness, either given or received, had a significant impact on you or someone else?

In what situations do you find it challenging to practice kindness, and what strategies can you employ to overcome these challenges?

How can you incorporate more intentional acts of kindness into your routine to enhance your overall sense of well-being?

Actions

Random Acts of Kindness:

Intentionally perform small acts of kindness, whether it's complimenting someone, holding the door, or offering assistance.

Self-Compassion:

Extend kindness to yourself by practising self-compassion. Be understanding and supportive of your own challenges and mistakes.



LOVE

Love is a complex and multifaceted strength characterized by deep affection, care, and connection. It encompasses a range of feelings, from romantic love to platonic love, and involves a profound sense of attachment, empathy, and warmth towards oneself and others.

LOVE

"I am love. I cultivate warmth and compassion in my heart, fostering meaningful connections with others and embracing the love that surrounds me."

Coaching Questions

How do you define and experience love in your life, both towards yourself and others?

Can you identify specific actions or behaviours that demonstrate the presence of love in your relationships and interactions?

In what ways can you nurture and express love, not only in romantic relationships but also in friendships, family, and self-love?

How does experiencing and expressing love contribute to your overall well-being and fulfilment?

Actions

Express Gratitude:

Express gratitude for the love you receive and actively communicate your love to those important in your life.

Self-Love Rituals:

Engage in activities that promote self-love and self-care, recognising the importance of caring for your own well-being.



SOCIAL INTELLIGENCE

Social intelligence involves the ability to navigate social situations effectively, understand and empathise with others, and build positive relationships. It includes perceiving social cues, adapting to different social contexts, and using interpersonal skills to communicate and collaborate successfully.

SOCIAL INTELLIGENCE

"I navigate social interactions with ease, understanding others deeply, and building connections that contribute positively to my personal and professional life."

Coaching Questions

How do you currently approach and navigate social interactions in various contexts?

Can you recall a situation where your social intelligence played a crucial role in achieving a positive outcome or strengthening a relationship?

In what ways can you enhance your ability to understand and empathise with others, especially in diverse social settings?

How do you handle challenging social situations or conflicts, and what strategies can you employ to navigate them more effectively?

Actions

Active Listening:

Practise active listening in conversations, focusing on understanding the speaker's perspective before responding.

Cultural Awareness:

Educate yourself about different cultures and perspectives to enhance your ability to relate to and connect with people from diverse backgrounds.

Justice

Teamwork
Fairness
Leadership





TEAMWORK

Teamwork refers to the active and responsible engagement in one's community and broader society. It involves a sense of social responsibility, contributing to the well-being of the community, and participating in activities that promote positive social change.

TEAMWORK

"I am a responsible citizen. I actively contribute to the well-being of my community and society, fostering positive change and making a meaningful impact."

Coaching Questions

How do you currently contribute to the well-being of your community or society?

Can you identify specific values or causes that resonate with you and align with your sense of citizenship?

In what ways can you further engage in activities that promote positive social change and contribute to the betterment of your community?

How does your sense of teamwork align with your broader life goals and values?

Actions

Volunteerism:

Engage in volunteer activities that align with your values and contribute to the welfare of others.

Community Involvement:

Attend community events, join local initiatives, or participate in organisations that focus on positive social impact.



FAIRNESS

Fairness is the quality of treating others impartially, justly, and equitably. It involves making decisions and taking actions that are guided by a sense of justice, without favouritism or discrimination.

FAIRNESS

"I embody fairness. In my interactions and decision-making, I prioritise justice, equality, and impartiality, creating an environment where everyone is treated with respect."

Coaching Questions

How do you currently prioritise fairness in your personal and professional interactions?

Can you recall a situation where your commitment to fairness had a positive impact on the outcome or strengthened relationships?

In what areas of your life do you find it most challenging to maintain a sense of fairness, and what strategies can you employ to overcome these challenges?

How does your commitment to fairness contribute to a positive and inclusive environment in your personal and professional spheres?

Actions

Reflect on Bias:

Regularly reflect on your own biases and prejudices, working towards minimising their impact on your decisions and actions.

Advocate for Equality:

Speak up for fairness and equality, whether it's in the workplace, community, or personal relationships.



LEADERSHIP

Leadership is the ability to inspire, guide, and influence others towards a shared vision or common goal. It involves effective communication, strategic decision-making, and the capacity to motivate and support others in achieving their full potential.

LEADERSHIP

"I am a leader. I inspire and guide others with integrity, fostering a collaborative environment where individuals thrive and collectively achieve meaningful goals."

Coaching Questions

How do you currently demonstrate leadership in your personal and professional life?

Can you recall a situation where your leadership had a positive impact on a team or group, fostering collaboration and achieving a shared goal?

In what areas of your leadership style do you see opportunities for growth and development?

How does your leadership philosophy align with your values, and how do you communicate this alignment to those you lead?

Actions

Lead by Example:

Demonstrate the qualities you expect from others, setting a positive standard for behaviour and work ethic.

Empower Others:

Provide opportunities for others to take on leadership roles and responsibilities, fostering a culture of empowerment and growth.

Temperance

Forgiveness
Humility
Prudence
Self-control





FORGIVENESS

Forgiveness is the ability to release feelings of resentment, anger, or vengeance towards someone who has wronged or hurt you. It involves letting go of negative emotions, fostering understanding, and choosing to move forward with compassion and empathy.

FORGIVENESS

"I embrace forgiveness. By letting go of resentment, I free myself from the burden of negativity, choosing compassion and understanding to heal and move forward."

Coaching Questions

How do you currently approach forgiveness in your life, especially in response to challenging situations or conflicts?

Can you recall a time when forgiving someone had a positive impact on your well-being or the dynamics of a relationship?

In what situations do you find it most challenging to practise forgiveness, and what strategies can you employ to navigate these challenges?

How does forgiveness contribute to your own inner peace and emotional well-being?

Actions

Reflect and Release:

Reflect on situations where forgiveness is needed, and consciously choose to release negative emotions associated with those experiences.

Communication:

Engage in open and honest communication with the person involved, expressing your feelings and working towards understanding.



HUMILITY

Humility is the quality of having a modest and respectful view of oneself, acknowledging strengths and accomplishments without arrogance. It involves an openness to learning from others, admitting mistakes, and valuing the contributions of those around you.

HUMILITY

"I embody humility. I recognise the value in every individual, acknowledge my strengths with gratitude, and approach life with an open heart and a teachable spirit."

Coaching Questions

How do you currently practise humility in your interactions with others?

Can you recall a situation where humility played a role in resolving a conflict or strengthening a relationship?

In what areas of your life do you find it most challenging to cultivate humility, and what steps can you take to foster this quality?

How does humility contribute to your personal and professional growth?

Actions

Seek Feedback:

Actively seek feedback from others and genuinely consider their perspectives, recognising the value of continuous learning.

Admit Mistakes:

When you make a mistake, openly acknowledge it, and take responsibility, demonstrating a humble and accountable attitude.



PRUDENCE

Prudence is the quality of exercising sound judgement and discretion in decision-making. It involves careful consideration of consequences, a thoughtful approach to actions, and a focus on long-term goals and well-being.

PRUDENCE

"I practise prudence. In my decision-making, I exercise thoughtful consideration, weighing consequences and aligning my actions with my long-term goals and values."

Coaching Questions

How do you currently approach decision-making in your personal and professional life?

Can you recall a situation where exercising prudence had a positive impact on the outcome or your overall well-being?

In what areas of your life do you find it most challenging to practise prudence, and what strategies can you employ to enhance this quality?

How does prudence contribute to your sense of stability and accomplishment?

Actions

Create Decision Criteria:

Establish criteria or guidelines for decision-making, considering factors such as long-term impact, alignment with values, and potential consequences.

Reflect Before Acting:

Take a moment of reflection before making significant decisions, considering the potential outcomes and whether they align with your goals.



SELF CONTROL

Self-control is the ability to regulate and manage one's emotions, impulses, and behaviours. It involves making deliberate choices and maintaining discipline even in challenging situations, promoting better decision-making and personal well-being.

SELF-CONTROL

"I possess self-control. I navigate challenges with discipline and composure, making conscious choices that align with my goals and values."

Coaching Questions

How do you currently practice self-control in your daily life, especially in situations that require discipline and restraint?

Can you recall a specific instance where exercising self-control had a positive impact on your personal or professional life?

In what areas do you find it most challenging to maintain self-control, and what strategies can you employ to strengthen this ability?

How does self-control contribute to your overall sense of accomplishment and well-being?

Actions

Mindfulness Techniques:

Incorporate mindfulness practices, such as deep breathing or meditation, to enhance self-awareness and self-control.

Set Boundaries:

Establish clear boundaries for yourself, defining what behaviours or actions align with your goals and values.



Transcendence

Appreciation of beauty

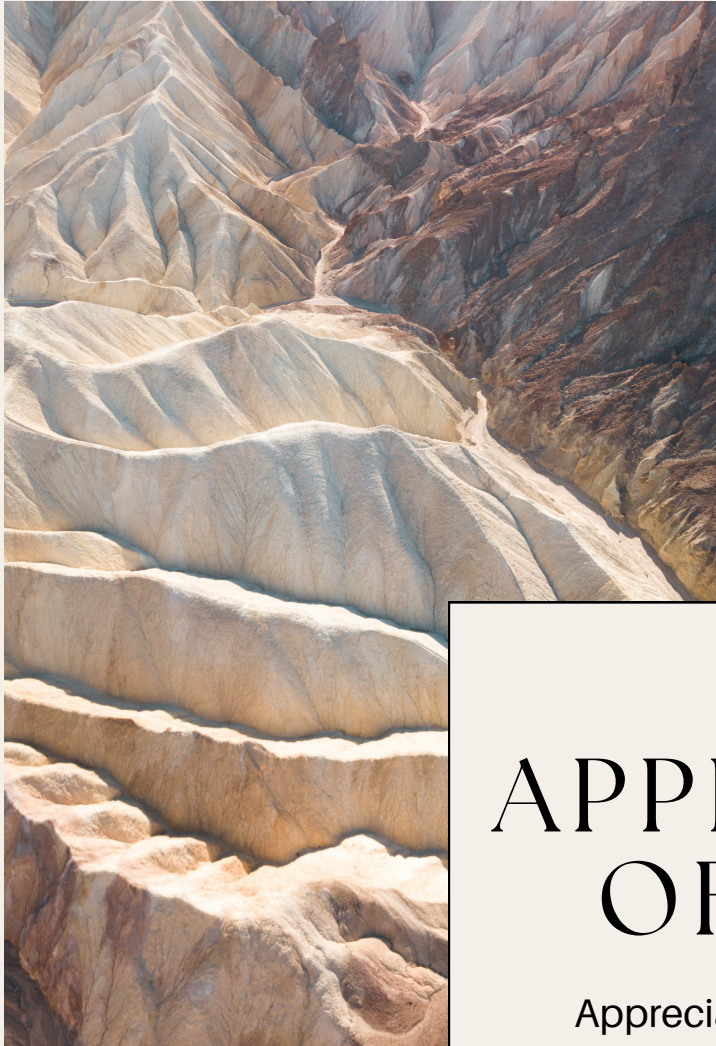
Spirituality

Humor

Hope

Gratitude





APPRECIATION OF BEAUTY

Appreciation of beauty is the ability to recognise and find joy in the aesthetics of the world, whether in nature, art, or everyday experiences. It involves a heightened sensitivity to the positive and harmonious elements that surround us.

APPRECIATION OF BEAUTY

"I appreciate the beauty around me. I find joy in the simple and extraordinary aspects of life, allowing the beauty I encounter to uplift and inspire me."

Coaching Questions

How do you currently incorporate an appreciation of beauty into your daily life?

Can you recall a specific moment when recognising and appreciating beauty had a positive impact on your mood or overall well-being?

In what ways can you intentionally seek out and create moments of beauty in your surroundings?

How does cultivating an appreciation of beauty contribute to your sense of gratitude and happiness?

Actions

Mindful Observation:

Take moments to mindfully observe your surroundings, appreciating the details and aesthetics of the environment.

Create Beauty:

Engage in activities that allow you to create or contribute to beauty, whether it's through art, gardening, or arranging your living space.



SPIRITUALITY

Spirituality is a personal and often profound sense of connection to something greater than oneself. It involves the exploration of meaning, purpose, and a deeper understanding of the self and the universe.

SPIRITUALITY

"I embrace spirituality. In my journey, I seek connection, find meaning, and cultivate inner peace, allowing my spiritual exploration to guide me towards a more fulfilling life."

Coaching Questions

How do you currently engage with or define your sense of spirituality?

Can you recall a moment or practice that has deepened your spiritual connection or provided a sense of meaning and purpose?

In what ways can you integrate spiritual practices into your daily life to support your overall well-being?

How does your sense of spirituality align with your values and contribute to your sense of inner peace?

Actions

Mindfulness or Meditation:

Explore mindfulness or meditation practices to enhance spiritual connection and self-awareness.

Reflect on Values:

Spend time reflecting on your core values and how they align with your spiritual beliefs, allowing for a deeper understanding of your guiding principles.



HUMOUR

Humour is the ability to find, create, and appreciate laughter and amusement. It involves a lighthearted and playful approach to life, often serving as a coping mechanism, fostering connections, and contributing to overall well-being.

HUMOUR

I embrace humour. I find joy in laughter, appreciate the lighter side of life, and use humour as a tool for connection and resilience."

Coaching Questions

How do you currently incorporate humour into your daily life?

Can you recall a situation where humour played a significant role in alleviating stress or building connections?

In what ways can you intentionally infuse more humour into challenging or mundane situations?

How does your sense of humour contribute to your overall sense of well-being and resilience?

Actions

Find the Funny Side:

Train yourself to find the humour in various situations, even challenging ones, and share lighthearted moments with others.

Engage in Playfulness:

Participate in activities that bring out your playful side, fostering a sense of joy and humour.



HOPE

Hope is a positive and optimistic attitude that involves the belief that good things can happen, even in challenging circumstances. It is a motivating force that encourages resilience, perseverance, and a sense of possibility.

HOPE

"I hold onto hope. In the face of challenges, I maintain an optimistic outlook, trusting that positive change is possible, and I am capable of overcoming obstacles."

Coaching Questions

How do you currently maintain a sense of hope in your life, especially during difficult times?

Can you recall a situation where hope played a significant role in helping you navigate challenges or achieve a positive outcome?

In what ways can you nurture and strengthen your sense of hope, particularly in areas where you may be facing uncertainty or adversity?

How does maintaining hope contribute to your overall resilience and well-being?

Actions

Set Realistic Goals:

Establish achievable goals that align with your aspirations, contributing to a sense of progress and optimism.

Cultivate Positive Affirmations:

Incorporate positive affirmations into your daily routine, reinforcing a hopeful mindset and encouraging self-belief.



GRATITUDE

Gratitude is the practice of acknowledging and appreciating the positive aspects of life, recognising and expressing thanks for the good things, experiences, and people that contribute to one's well-being.

GRATITUDE

"I cultivate gratitude. I acknowledge and appreciate the abundance of goodness in my life, fostering a positive outlook and enhancing my overall sense of well-being."

Coaching Questions

How do you currently incorporate gratitude into your daily routine or mindset?

Can you recall a specific moment where expressing gratitude had a positive impact on your mood or relationships?

In what areas of your life do you find it most challenging to practise gratitude, and what strategies can you employ to enhance this practice?

How does the regular practice of gratitude contribute to your overall sense of happiness and contentment?

Actions

Gratitude Journaling:

Dedicate time each day to write down things you are grateful for, focusing on both small and significant aspects of your life.

Express Thanks:

Make it a habit to express gratitude directly to people who have positively influenced your life.



Thank you!

Thank you for using these Strength Cards!

They're more than just a collection of qualities; they're a roadmap to self-discovery and personal empowerment. Each strength, from courage and kindness to gratitude and hope, offers a unique lens through which you can navigate life's journey. The inclusion of affirmations, coaching questions, and actionable steps provides a holistic approach to embracing and cultivating these strengths. As you use these cards, recognise the strengths within yourself and also encourage and uplift those around you.