My Strengths Map

Find the strengths that are already there, in your own stories.

Name: _____ **Date:** _____

1 Me at my best

A time I was at my best: a day, a project or a moment I am quietly proud of

What I did that made it go well (the how, not only the what):

2 The 24 character strengths

Tick the ones I can see in my story, and any others that feel like me

Wisdom	☐ Creativity	☐ Curiosity	☐ Judgment	☐ Love of learning	☐ Perspective
Courage	☐ Bravery	☐ Perseverance	☐ Honesty	☐ Zest	
Humanity	☐ Love	☐ Kindness	☐ Social intelligence		
Justice	☐ Teamwork	☐ Fairness	☐ Leadership		
Temperance	☐ Forgiveness	☐ Humility	☐ Prudence	☐ Self-regulation	
Transcendence	☐ Beauty and excellence	☐ Gratitude	☐ Hope	☐ Humor	☐ Spirituality

The 24 strength names follow the VIA classification (Peterson and Seligman, 2004). This page is not the VIA Survey.

3 What others see in me

Ask a friend, partner or coworker, or write what they would say

Who I asked:

What they said I am like at my best:

4 My top five and the signature check

Write my five, then tick each box that is true for that strength

My strength	Feels like the real me	Gives me energy	Shows up across my life
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

Strengths with three ticks are likely my signature strengths. The one I most want to use more:

A strength I may be using too much or too little right now:

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My Strengths in Action Plan

Use one signature strength in a new way, every day for one week.

Name: _____ **Date:** _____

1 One strength, a new way

Somewhere I do not usually use it: work, home, people or myself

The strength I choose: _____

Where I already use it: _____

A new way to use it: _____

_____

2 My plan

Small and specific, so I will really do it

When and where: _____

With whom: _____

What might get in the way: _____

What I will do then: _____

3 Keep it in balance

Any strength can be used too little or too much

Too little looks like: _____

Too much looks like: _____

Just right looks like: _____

4 Seven day tracker and look back

A few words each day is enough

Day	What I did	How it felt (0 to 10)
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

What I learned: _____

What I want to keep: _____

Good to know

1. Not a test, a diagnosis or the VIA Survey. It gives no score or ranking.
2. Everyone has all 24 strengths in different amounts. Lower ones are not flaws.
3. Knowing a strength helps a little. Using it in a new way seems to help more.
4. If low mood or hopelessness is part of the picture, bring this page to a therapist or doctor.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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