

## LEAVES: WHERE DO CHARACTER STRENGTHS LEAD?

You have considered different character strengths; where they come from, which ones are most important to you and how to grow them.

Now it is time to explore what these strengths can mean for your future.

1. Think of a character in a favorite movie or TV show who has a lot of conflicts with others. What character strength would help this person get along better? Describe the character, what the strength is and how using it more would help.
2. Think of a job that someone you know has. Reflect on what is involved in the job on a day-to-day basis—i.e., working with people, making ethical decisions, staying calm. Now choose one of the character strengths that is important to you. Describe what the job is, and how having and using that strength would impact your ability to do that job well.
3. Think about someone in your life that you have let down in the past and you hope not to do it again. What character strength would help prevent disappointing them again and why?
4. Someday you might want to raise kids of your own or you may have younger relatives who will look up to you. Name three character strengths you hope they have, then choose one of these and describe how you might influence them to recognize and grow this strength.