

# Noticing Strengths in Everyday Actions

Below is the list of the 24 character strengths developed for the VIA Classification of Strengths.

Curiosity- Creativity- Judgement- Love of Learning- Perspective- Bravery- Perseverance- Honesty- Zest- Love- Kindness- Social Intelligence- Teamwork- Fairness- Leadership- Forgiveness- Humility- Prudence- Self-Regulation- Appreciation of Beauty- Gratitude- Hope- Humour- Spirituality

Using the words above, think about what strengths are being illustrated in the examples below. There may be more than one strength being demonstrated.

Action	Character Strength
You send a message to someone who you know is having a difficult time.	
You drop a five pound note when out in town, your friend tells you	
You meet a new person at your community centre, the person asks you a lot of questions about yourself	
Your button has just fallen off and you can't repair it, you dig through your bag to find a temporary fix.	
A friend of yours really wants to complete a marathon, she has been training regularly for the past 8 months so that she is ready for it.	
Your colleague always goes to local rallies and demonstrations to support public sector workers.	
If you see something happen which you believe is fundamentally wrong then you always speak out against it.	
Other examples the group discussed:	

# Practicing Noticing Everyday Strengths

Noticing people's actions as strengths is something which we can practice as it might not be something we are that familiar with doing. Over the next week or so you can use the table below to write down actions you notice and think about what strengths are being used. They might be things other people do or they might be things you do.

What was the action you noticed/did?	Character Strength