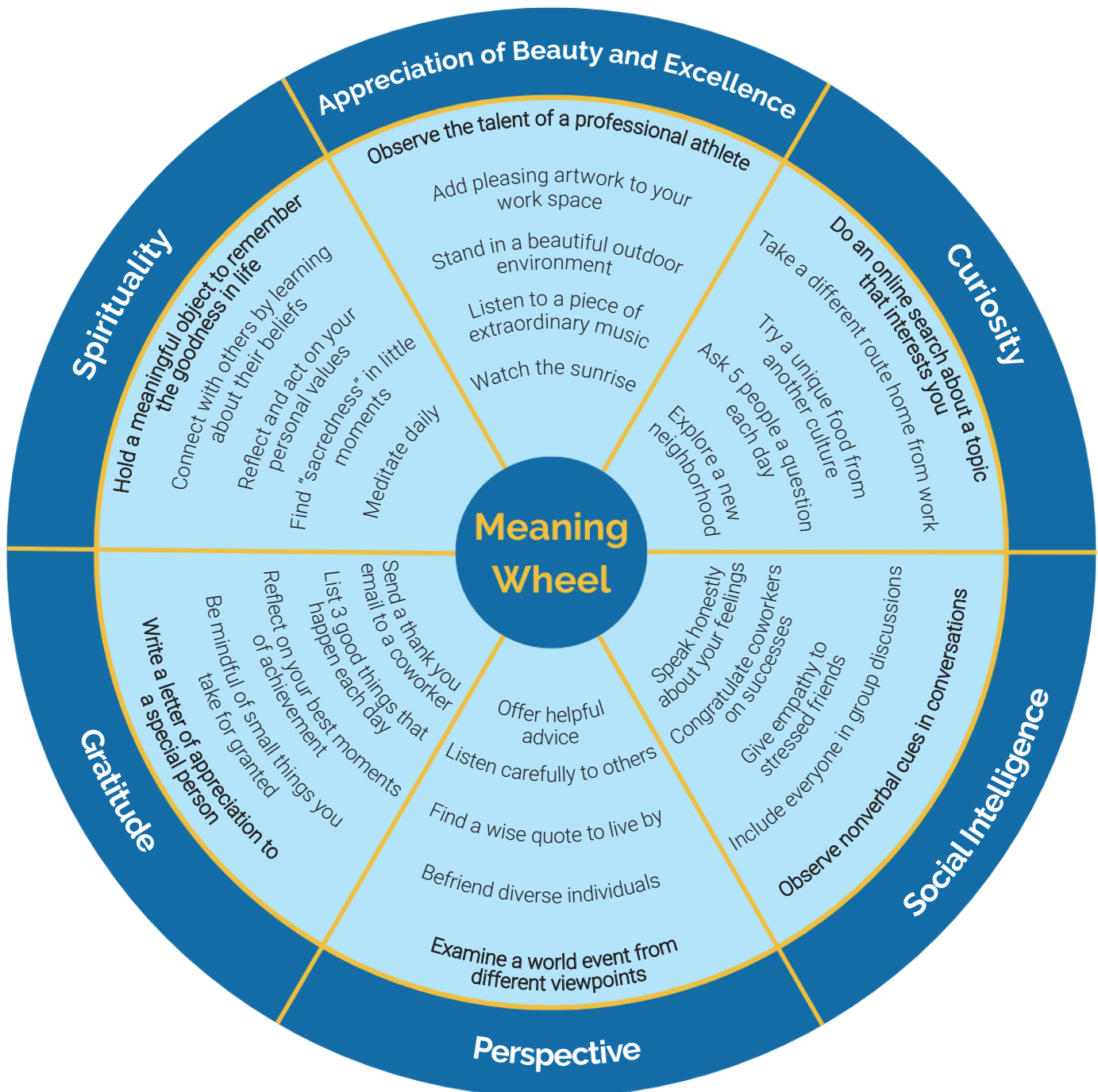


# BUILD A MEANINGFUL LIFE BY BOOSTING 6 STRENGTHS

Cultivating a meaningful life is a worthy pursuit. It's about having goals and interests that connect you with something greater than yourself. Research shows that finding meaning and purpose in life can make you happier, healthier and more resilient to challenges.

As you prepare for a new year or a life change, character strengths can provide a pathway to build more meaning into your life. Specifically, there are 6 character strengths that have a strong correlation to meaning. Use the wheel below to find tips to boost these 6 strengths as a way to nurture a meaningful life.



References

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