



THE WORLD NEEDS YOU - ALL 24 OF YOUR CHARACTER STRENGTHS

The world needs your ideas, your strategies, your best coping tools (creativity).

The world needs you to talk with interest to those around you, letting them express & release their burdens (curiosity).

The world needs your rational & balanced thinking, to counterbalance the inner voices of panic and anxiety (judgment).

The world needs you to keep learning and growing, in new ways, so you can feel good about your day (love of learning).

The world needs your sound advice, a glimpse of the bigger picture amidst the scary details (perspective).

The world needs your bravery – to help someone you’ve never helped, to see the world anew despite fear (bravery).

The world needs you to persevere – to push through huge obstacles and suffering you’ve never faced before (perseverance).

The world needs your truthfulness – now is not a time for exaggeration, fake news, or guesswork (honesty).

The world needs your enthusiasm – to uplift your energy even when you feel sucked dry from uncertainty & unknown (zest).

The world needs every ounce of your warmth & genuineness now– each ounce is worth 10x its original value (love).

The world needs you to not lose sight of your compassion and generosity, or your active seeking of ways to help (kindness).

The world needs your empathy – every city, neighborhood, & being – can be a subject of your concern (social intelligence).

The world needs you to see you are a citizen of a (very) large group that can choose to be collaborative (teamwork).

The world needs your fairness – instead of hoarding, give; instead of blaming, praise; instead of the victim, the hero (fairness).

The world needs your leadership – your fresh ideas will inspire the different groups you are part of (leadership).

The world needs you to let go of the family irks, slights, and irritations that will fill your mind (forgiveness).

The world needs you to sometimes put the attention on others and not yourself (humility).

The world needs you to be cautious every time you leave home, at least for awhile (prudence).

The world needs you to be under control, not riddled with anger but contagious with your peacefulness (self-regulation).

The world needs you to feel inspired by others’ goodness because that means you might be altruistic too (appreciation of beauty).

The world needs your hope and silver linings, offered thoughtfully, as so many around us are falling into cracks of darkness (hope).

The world needs your appreciation, show others you are seeing their kind acts and they will do more of them (gratitude).

The world needs your humor (!) – your playfulness, your ability to create levity when we feel heavy and frazzled (humor).

The world needs you to see we are all in this together, that every action has a preceding action and consequence (spirituality).

The world needs you. . . All of you.

By Ryan M. Niemiec, Education Director, VIA Institute