

# 6 WAYS CHARACTER STRENGTHS IMPACT OUR LIVES



*Want to see character strengths in action? Try the reflection questions below, on your own or with others, to explore how character strengths are a part of all human experiences.*

## **1. Character strengths are capacities for thinking, feeling and behaving. They are positive personality traits that can be improved and developed.**

*How do life changes (e.g. marriage, having a child, experiencing trauma) impact someone's character strengths?*

## **2. Character strengths are dimensional and expressed in degrees across a wide continuum.**

*Are certain strengths being overused or underused?*

## **3. Character is plural. Character strengths are not expressed in isolation, but in combinations or constellations.**

*Which character strengths are interacting to enable or hinder the expression of other strengths?*

## **4. All 24 character strengths matter and they are universal to every person.**

*How does an experience call upon the expression of different (possibly lesser used) character strengths?*

## **5. Character strengths are the driving force for other types of strengths, such as talents, skills, interests, values and resources.**

*How do character strengths contribute to achieving goals and pursuing hobbies?*

## **6. Character is being and doing. Character strengths reflect identity, self-understanding and uniqueness and are expressed in behaviors and actions.**

*How do character strengths play a role in personal authenticity and/or striving to do good in the world?*

To learn more about character strengths and how to use them to make positive life changes, visit [viacharacter.org](https://viacharacter.org). For coaches, managers, consultants, leaders and educators, discover how to use strengths to empower others: [viacharacter.org/professionals](https://viacharacter.org/professionals).

Reference: Niemiec, R. M., & Pearce, R. (2021). The practice of character strengths: Unifying definitions, principles, and exploration of what's soaring, emerging, and ripe with potential in science and in practice. *Frontiers in Psychology*. DOI: 11:590220. doi: 10.3389/fpsyg.2020.590220