



BUILDING RESILIENCE

Work Sheet 4

I've created a whole course dedicated to increasing self-confidence for freelancers [here](#) (take a look, it's free!), so in this worksheet we will instead think about character strengths.

Take the VIA Character Strengths Survey. You will need to register, but it's free, and you can access it [here](#).

What are your top 3-5 strengths?

Were you surprised by any of these?

Think about when you typically use these strengths. Perhaps it's at work, or at home. Researchers suggest that to keep building on your strengths, we should find new ways to use them.

Choose one of your top strengths and, for a week, try to use the strength in a new way every single day. It doesn't have to be related to your work. For example, if creativity is one of your strengths, you could try a new class or hobby, make a card and send it to a friend or family member, 'shop your wardrobe' to create some new outfits, design a meal plan, find new uses for objects in your home...the possibilities are endless!

For more ideas related to each of the 24 character strengths and how to use them in new ways, have a look [here](#).