

# Resilience Spotlight

## NGB Ready & Resilient Schoolhouse



### *MRT Skill: Character Strengths*

#### *What is the skill?*

Character Strengths helps us understand who we are at our best and how we can leverage our strengths in order to be more motivated and energized, perform more optimally, enhance our leadership, and overcome challenges.

#### *What competency does the skill build?*

Utilizing Character Strengths builds **Strength of Character** by helping us deliberately leverage the best of ourselves to be more effective in our environment and ultimately have faith in our own abilities.

### Play to Your Strengths

*Based on research by Chris Peterson and Martin Seligman*

The **24 Character Strengths** listed below have been found to be valued by people across time and cultures. We all possess all 24 Character Strengths, but some will come more naturally to us than others.

Research shows that if we find ways to use our own **Signature Character Strengths**—those that come most naturally to us—on a regular basis, we will have more energy, be more motivated, and generally help us thrive in life.

#### VIRTUE OF *Transcendence*

Appreciation of Beauty & Excellence  
Gratitude  
Hope  
Humor  
Spirituality

#### VIRTUE OF *Temperance*

Forgiveness  
Humility  
Prudence  
Self-Regulation

#### VIRTUE OF *Justice*

Teamwork  
Fairness  
Leadership

#### VIRTUE OF *Humanity*

Love  
Kindness  
Social Intelligence

#### VIRTUE OF *Courage*

Bravery  
Perseverance  
Honesty  
Zest

#### VIRTUE OF *Wisdom*

Creativity  
Curiosity  
Judgment  
Love of Learning  
Perspective

#### What Makes a Character Strength a *Signature Character Strength?*

- You feel like you are being **true to yourself** when using the strength
- You feel **energized** when using the strength
- The **motivation** to use the strength comes from within, no one has to remind you to use it.

#### Apply it

*Bring your best self every day*

##### Know your Signature Character Strengths

Take the VIA Character Strengths assessment online to determine your own Signature Strengths at [viacharacter.org](http://viacharacter.org).

##### Find new ways to use your Character Strengths

Use one of your Signature Strengths in a different way every day to be more deliberate about bringing the best of yourself.

##### Lead with your Strengths

Find ways to incorporate your Signature Character Strengths into your leadership style.

##### Ready for a Challenge

When faced with a challenge, consider how your Signature Strengths might help.

