

Five Strengths Exercise – Fill in the Blank Worksheet

Instructions

Before you complete this worksheet, it is necessary to identify your top five character strengths. Using an online survey at this Web address:

www.viacharacter.org

Click the "Take the Free Survey" button. You will have to complete 10-15 minutes of online questions and then you will download a report that will list your character strength. This exercise has some similarities to the 5 joys exercise in that you will be trying to remember some incidents from your past where you used your character strengths. Please write descriptions in the boxes below in the present tense so that when you play back the audio recording you can experience the memory "in the now." When you have this worksheet filled out start your audio by saying the Bible verse Philippians 4:18 "whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Write down incidents from your past in which you showed the different character strengths below. Try to re-capture the moment by describing the event using all of your senses.	Sight	Sound	Smell	Touch
Character Strength 1				
Character Strength 2				
Character Strength 3				
Character Strength 4				
Character Strength 5				