

writing about chosen signature strengths

Please choose one of your *signature strengths* and write about it. If you're going through a tough, challenging time at the moment, it may be most helpful to write about an interpersonal *signature strength of the heart* (rather than one of the *head* or *gut*), but this is just a suggestion rather than a hard and fast rule. Write for about 10 to 15 minutes describing how the *strength* has been important over the course of your life. Maybe say something too about how the way you understand and express the *strength* has evolved & developed over the years. It would be good as well if you would describe in some detail one or two life events where the *strength* was particularly important in how it was expressed or used by you – to cope with particular difficulties and challenges and/or to highlight who you are and what matters most to you at your core.

... if you need more space, do continue over the page.