



THE RESILIENCE READER

CHAPTER 14: CHARACTER STRENGTHS USING YOUR STRENGTHS WITH OTHERS

Competency: Strengths of Character

CHARACTER STRENGTHS TEST FOUND AT:

[HTTPS://WWW.VIACHARACTER.ORG/SURVEY/ACCOUNT/REGISTER](https://www.viacharacter.org/survey/account/register)

GET YOUR PARENTS PERMISSION!

CHARACTER STRENGTHS SHADOW SIDE

Sometimes our Character Strengths get us into trouble. Examples of this is are offending someone because your top strength is Honesty, or making jokes at a funeral because your top strength is Humor.

Provide an example of a time when you...

- Used your strength too much
- Used your strength at the wrong time/ wrong place/ wrong context
- Used your strength to manipulate others
- Made others feel like their strengths are good enough
- Used your strength in a way that makes others feel bad.



Using your strengths as part of a team.

Great leaders rely on their strengths to make them successful, while encouraging others to also rely on their strengths.



Think of a great leader in your life. Who is it?

What do you think their *Signature* Character Strengths are?

What did you learn from this person

List your *Signature* Character Strengths and write about how you can use that strength to be a good leader.