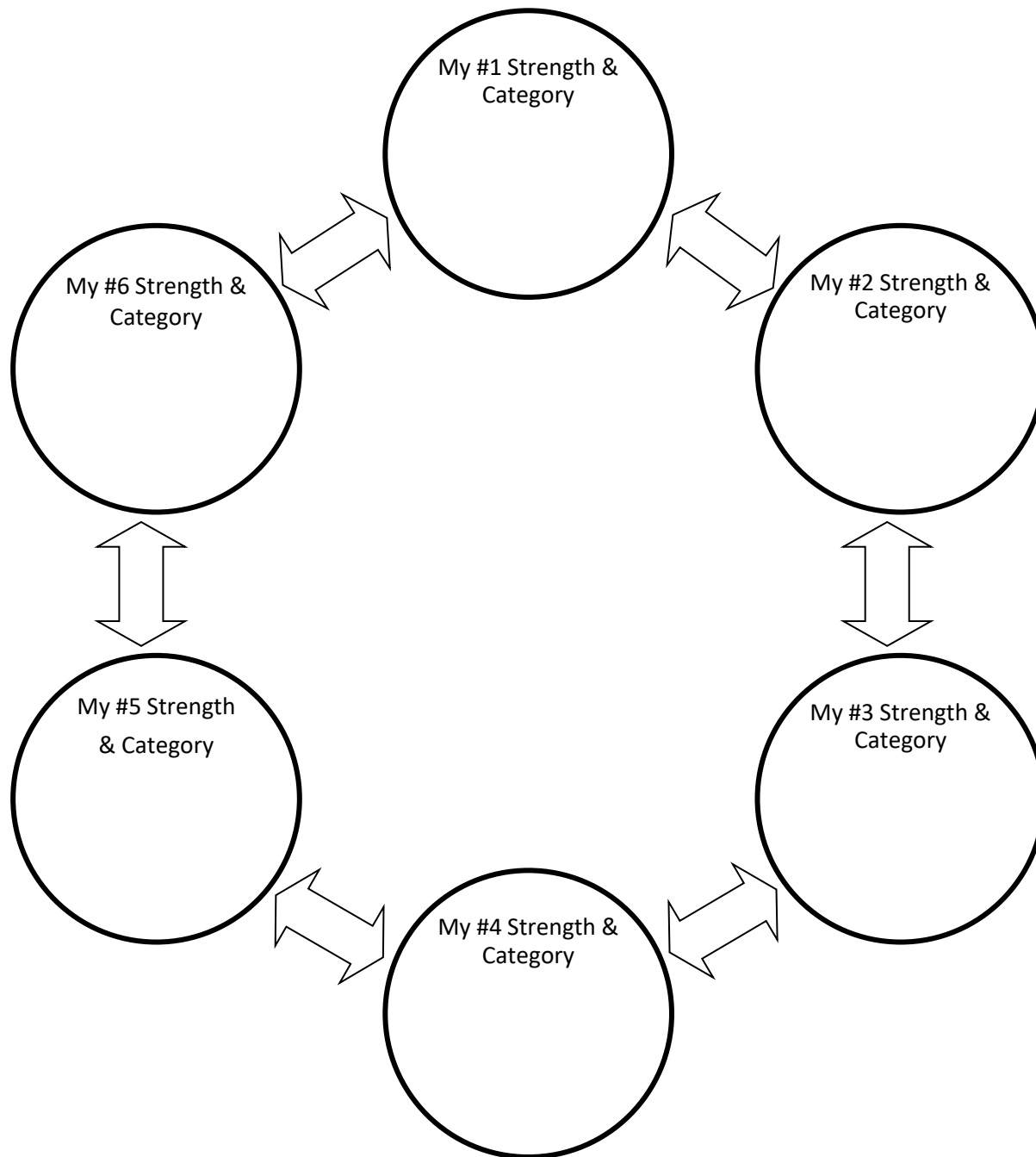


# My Circle of Strengths – Featuring My Top Six VIA Character Strengths



## My Top Six Strengths

*Which one(s) energize you the most?*

*How do you use them at work? How could you use them?*

*Who positively shaped your life? What were their strengths? How did they use them?*

*How do you use them in your hobbies?*

*Was there a defining moment in your life? Which of your strengths was involved?*

*When are you at your best? Which strengths are you using?*

*How can you use them at home or with your family and friends?*

*How can they help you create your "best life"?*

**Write one new way to use each strength:**

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

#4. \_\_\_\_\_

#5. \_\_\_\_\_

#6. \_\_\_\_\_

*Thank you Patrice Koerper Robson, 2019*

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