

Top Tips for Using the Digital Strengths Cards:

The cards are ideal for self-awareness; for one to one coaching and for group work. To get you started, here are some ideas for getting the best from the cards:

- Look through the cards and choose your top 5 strengths. That is, the strengths that are natural for you and give you energy. When you look at these strengths, they feel like the 'best of you'. These are known as your Signature Strengths – you can move them into the 'Signature Strengths Folder' and save them.
- Get feedback. Ask someone who knows you well to choose your top strengths for you. Ask them to give you specific examples of the strengths in action.
- Understand how your 'Signature Strengths' play out in your life for the best. How do you use them? When do you use them? With whom do you use them? How have they positively influenced your life as it is today? Make a decision to use your Signature Strengths consciously each and every day.
- Move your signature strengths around to make a cluster showing how you use them together. How else can you combine them? Be aware of how much you use this cluster – what happens if these strengths are overused?
- Set a task to purposefully and intentionally use one of your Signature Strengths each day; each week or each month.
- Use your Signature Strengths in a novel way. So, instead of just using your key strengths habitually, strengthen their effect in your life by extending their reach. So, for instance, if 'curiosity' is one of your strengths and you use it currently when studying, try visiting an art gallery or researching a new subject.
- Look again at the 24 Strengths Cards. Which ones do you under use and why? Choose one of these strengths and start to use it consciously in your life. Strengths are like muscles – plenty of use strengthens its power!
- If you are facing a problem at work or at home, look through the cards and choose a strength that might help you cope with this problem. It won't solve the problem, but it will act as a catalyst to understand the character strength you need in a difficult situation.
- Choose a strength card for someone you love or an individual you work with. Perhaps even someone you are facing difficulties with. Download the strength card and send it to them. Telling them why you have chosen it for them and offering positive praise.

