

What Works When? When do you find that each of your strengths is most useful in your life? Choose a specific character strength from your top 5 VIA Survey strengths and describe at least one recent incident when you found it helpful. First, describe the context briefly. Then try to be specific about what you did that made use of your strength. Then explain how that strategy made a difference in the situation.

Character strength: _____ - _____

Context: _____

Actions: _____

Benefits: _____ - _____
