

MULTIPLY YOUR HAPPY

Everyone, regardless of age, has personal strengths. Discover your strengths at ViaCharacter.org & take a free survey developed by people who scientifically study character strengths across the world. Each day pick a new strength to develop using these fun & easy tips appropriate for all ages!

Original, adaptive, ingenuity,
CREATIVITY
seeing & doing things in different ways

Write a poem or story

Draw how you are feeling

Try a new exercise, class or skill

Do something nice for someone you care about

Create something with materials from around the house

Both loving and being loved,
LOVE
valuing close relations with others, genuine warmth

Use kind words when speaking to others

Say "I love you" to someone today

Start a gratitude list

Thankful for the good,
GRATITUDE
expressing thanks, feeling blessed

Write a letter of gratitude to someone and read it to them

Remind yourself it's ok to make mistakes

Mercy, accepting others' shortcomings,
FORGIVENESS
letting go of hurt, giving people a second chance

Practice saying "I forgive you"

Valor, not shrinking from threat or challenge,
BRAVERY
facing fears, speaking up for what's right

Taste a new food

Examine a new area, close or far away

Interest, novelty-seeking,
CURIOSITY
exploration, openness to experience

Discover a new way to get home

Set a short-term goal and a long-term goal

Persistence, overcoming obstacles,
PERSEVERANCE
finishing what one starts

Celebrate progress over perfection

Encourage someone to do something new

Positively influencing others,
LEADERSHIP
organizing group activities to get things done

Whose apology do you need to accept?

Show confidence in a positive way

Playfulness, bringing smiles to others,
HUMOR
lighthearted - seeing the lighter side

Stand up for something you believe in

Think of 3 ways you can calm yourself down if upset

Read a book about someone from a different culture

What projects need finishing?

Help someone solve a difficult problem

Show confidence in a positive way

Learn a silly joke

Self-control, disciplined,
SELF-REGULATION
managing impulses emotions & vices

Practice a relaxation exercise

Try a random act of kindness

Generosity, nurturance, care
KINDNESS
compassion, altruism, doing for others

Volunteer

Listen to others

Help someone solve a problem

Wisdom, providing wise counsel,
PERSPECTIVE
taking the big picture view

Discuss what it means to be wise

Practice bubble breaths, box breathing or deep breaths

Smile at others

