

particular constellation of strengths? How does your family's constellation of strengths shape your experiences?

- How can you use your knowledge of others' strengths to create positive experiences in your family?



Signature Strengths in Others. Think about a close friend, family member, or colleague. What are the top 3-5 strengths you notice most in this person? Write down these strengths along with specific concrete examples of times that this person displayed this strength (what did they do that showed the strength?). You can complete this activity on your own. You can also complete the activity with a close friend or family member and share the strengths you observed in each other.



Strengths Glasses. Go through your day with strengths glasses. Try to notice all others' behaviors that are related to strengths. Be sure to observe people you regularly interact with as well as more distant acquaintances and even strangers. As a variation, you can go through your day with glasses that focus on a specific strength (e.g., creativity) and then try on different sets of strength glasses (e.g., "persistence", "love") on other days. What do you notice that inspires you? What do you notice that you might otherwise have missed or taken for granted?

References and Further Reading

Linkins, M., Niemiec, R., Gillham, J., & Mayerson, D. (2015). Through the lens of strengths: A framework for educating the heart. *Journal of Positive Psychology, 10*, 64-68.

Seligman, M.E.P., Ernst, R., Gillham, J., Reivich, K., & Linkins, M. (2009). Positive Education: Positive psychology and classroom interventions. *Oxford Review of Education, 35*, 293-311.

Web Resources

Newark Boys Chorus School and the VIA Survey

This video includes interviews with teachers and students at a school that incorporated activities designed to increase students' awareness of strengths in themselves and in others.

- Video available on the VIA Institute channel on YouTube
- Search for "Newark Boys Chorus VIA survey"