

Use Signature Strengths to achieve your goals

Signature strengths are your dominant character strengths. When you think about your strengths, you might only focus on what you're good at. However, sometimes what you're good at exhausts you and feels unnatural. Signature strengths are like your dominant hand. These are the strengths you excel in using, and you're motivated to use them. You feel energized—and true to yourself—when you use them too. Once you discover and apply your signature strengths, you're likely to be happier, more productive, and highly motivated.

To help discover your signature strengths, here's a list of 24 character strengths with 3 open boxes beside each one. Put a checkmark in the box next to each strength that best describes you.

1. You're motivated to use the strength on your own. No one has to pressure you to use it.
2. You're energized when you use the strength. It's not a struggle or exhausting for you to use it.
3. You feel true to yourself when you use the strength. You don't feel fake when displaying it.

Character Strength	1	2	3
Appreciation of Beauty & Excellence			
Bravery			
Caution/Prudence			
Creativity			
Critical Thinking			
Curiosity			
Fairness			
Forgiveness			
Gratitude			
Honesty			
Hope/Optimism			
Humility			
Humor & Playfulness			
Kindness			
Leadership			
Love			
Love of Learning			
Persistence			
Perspective/Wisdom			
Self-Control			

Character Strength	1	2	3
Social Intelligence			
Spirituality/Faith			
Teamwork/Loyalty			
Zest/Passion			
Other Strengths:			

Circle each character strength that has 3 checkmarks. These are your self-identified signature strengths!

Keep in mind most people have somewhere in the range of 3–8 signature strengths, but it's okay if you have more or even less. On the next page, find out how to optimize these strengths to achieve your goal.

Now that you know your signature strengths, you can use them to meet a challenging goal.

Write down the goal you want to accomplish. Make it **SMART**: **S**pecific, **M**easurable, **A**ction-oriented, **R**elevant, and **T**ime-sensitive.

Goal: <i>Lose 10 pounds by next PFT</i>	
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Next, list the specific actions you need to take to meet your goal. Think about the exact times you'll need to perform each action and how you can be intentional about using your signature strengths to stay motivated, energized, and true to yourself. Then create "when...then" statements known as "implementation intentions." You might think, "**WHEN** (opportunity to do the action), **THEN** I will (effective plan using strengths)." Doing so helps make your goal-setting actions automatic. You don't waste time deciding what to do when each opportunity to take action arises—you just follow your plan.

OPPORTUNITY	STRENGTH(S)	ACTION
Which tasks can you do to meet your goal?		What action can you take to achieve your goal?
<i>When... I get home from work</i>	<i>Curiosity</i>	<i>Then I'll... go for a run while listening to a podcast on a topic I'm curious about.</i>

Finally, think about which obstacles might get in your way. Then decide how to use your strengths to overcome each hurdle and create an implementation-intention strategy. Now you're using "implementation intentions" to contingency plan for different obstacles that might stand in the way of you and your goal. "**IF** (obstacle happens), **THEN** I will (effective plan using strengths)."

OBSTACLE	STRENGTH(S)	ACTION
What barriers can get in the way of meeting your goal?		What can you do to overcome the obstacle and reach your goal?
<i>If... I start stress eating at work</i>	<i>Appreciation of Beauty and Excellence</i>	<i>Then I'll... use HPRC's tools to optimize stress and practice mindful eating to slow down and savor each bite.</i>