

# What's Well



**March 2020**

**In This Issue:  
Find Your  
Strengths and  
Use Them**

*"Success is achieved by  
developing our strengths,  
not by eliminating our  
weaknesses."*

**-Marilyn Vas Savant**

## **Start here!**

- Take the FREE online survey. It will provide a list of 24 characteristics. #1 should most accurately represent your biggest strength.
- Look at your top 5 characteristics and consider how much you use each strength in a typical day.
- For each strength, consider opportunities that could require its use.
- For one week, try using one strength in a new way or in a different area of your life.

Identify Character  
Strengths  
Questionnaire Here



## **Why?**

We feel our best when we can use our strengths. We are more energized and happier. Finding success with how we approach a project or complete a task can lead to similar opportunities to bring about the same feelings of satisfaction and pride. Finding and focusing on our strengths will not eliminate our weaknesses, but the positive physical, mental, and emotional responses achieved can become more significant.

- The VIA Character Strengths Survey. (n.d.). Retrieved from <https://www.viacharacter.org/survey/account/register>
- Action 8. (n.d.). Retrieved from <https://www.actionforhappiness.org/take-action/find-your-strengths-and-focus-on-using-them>

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