

This exercise aims to make you aware of and help you identify your Character Strengths. Focusing on your strengths in your daily life provides more energy, joy, self-confidence, drive, resilience, engagement, accomplishment and helps you reach goals more effectively.

Explore your Character Strengths using the **24 Character Strengths Image Cards** and register, at least, your top 5-7 strengths using the strengths handout list.

3. Go through the 24 cards by yourself.
4. Take each strength card and look at the picture, headline, and read the text on the back of the card, one by one.
5. Place the cards on the table in front of you ranking them from: ‘Most like me’ to ‘Least like me’.

Use these guiding questions to identify your strengths:

What makes you most happy? What gives you the most strength to face the challenges and changes? This fits you just right. What has benefited you most in the past?

List the Character Strengths that you identified in the activity Solitaire from 1: most like me to 24: least like me.

Number	Strength
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Number	Strength
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	