**Strengths**

Personal attributes which energise us, which feel like us and which enable optimal performance

Do the VIA [Values in Action]Survey of Character Strengths on the <https://www.authentichappiness.sas.upenn.edu/>  site. Need to register and then go to questionnaires - take note of your top 5​ [note there is a version for children there as well]

How can you use your strengths in different areas of your life? Make sure you make decisions that will allow you to make the most of your strengths. Think about using your strengths in the following PERMA exercise.

**Resilience & Wellbeing**

Do the PERMA exercise:

<http://www.dramdiff.com/wp-content/uploads/2013/05/Self-Coaching-Tool-Dramatic-Difference.pdf>

**Values**

Identify your values and try to honour them when you make decisions:

<http://www.mindtools.com/pages/article/newTED_85.htm>

**Skills analysis**

Another free exercise [may be easier if you have lived a bit] – works best if use internet explorer as browser

<http://www.windmillsonline.co.uk/interactive/section_1/subsection_2/page1.html>