

Beauty & Excellence

- Notice the beauty in nature around you every day.
- Take time to appreciate a beautiful piece of art.
- Recognise and admire the strengths and goodness in others and how they affect your life.



Bravery

- Look for ways to step outside your comfort zone and take on new challenges.
- Commit to trying something new or taking on a social injustice with small steps.
- Respectfully stand up for what you believe in; be prepared to ask difficult questions.



Creativity

- Write an article, blog, short story or poem.
- Learn about famous creative people and what made them unique.
- Look for ways to add a touch of creativity to boring tasks and find creative ways to do more of the things you enjoy doing.



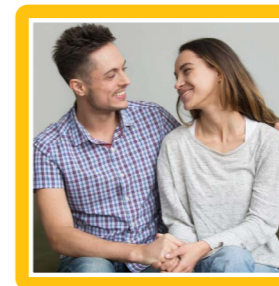
Curiosity

- Look for activities that encourage you to acquire new information daily.
- Learn a new language or explore a different culture.
- Invite people to tell you more about their ideas.



Fairness

- Look to improve the situations of injustice both big and small.
- Find time every day to intentionally focus on doing what is 'right' for people.
- Identify a person who others are overlooking and offer them a second chance.



Forgiveness

- Take three deep breaths and give yourself three good reasons why you should forgive.
- Think of someone who wronged you recently. Put yourself in their shoes and try to understand their perspective.
- Practise empathy and identify something you might do better next time.



Gratitude

- Notice and thank people for their contributions – big or small.
- Reflect and write down three things you are grateful for every day.
- Look for unique and different ways to thank others – note, text, call, letter or message.



Honesty

- Be genuine in all that you say and do.
- Take responsibility for your actions.
- Follow through with the things you say you will do.



PUTTING YOUR STRENGTHS TO WORK



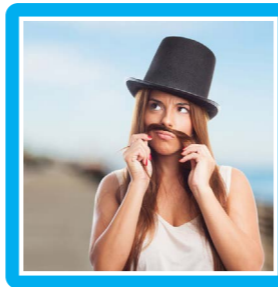
Hope

- Use your values and strengths to guide you through tough times.
- Be inspired by someone who has succeeded despite facing challenges.
- Look for silver linings in difficult situations.



Humility

- Take time to listen more and speak less; allow others to shine.
- Notice and acknowledge other people's achievements.
- Be humble and accepting when others pay you a compliment; ensure you stop and say thank you.



Humour

- Spend time with someone who has a great sense of humour and enjoy the laughter.
- Look for opportunities to make others smile.
- Plan to regularly share good times and laughter with friends.



Judgement

- Take time to consider all options before rushing to make a decision.
- When making an important decision – list pros and cons, take a break and review again before taking action.
- Invite others to share how they would handle a situation or approach a task.



Kindness

- Boost your own and others' wellbeing by incorporating acts of kindness into your daily life.
- Intentionally use kinder words when interacting with others, especially via social media.
- Bake a kindness cake and share with family, friends or neighbours.



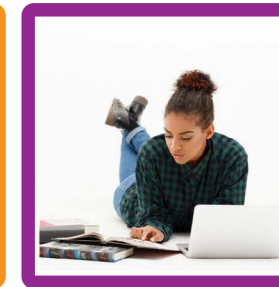
Leadership

- Provide opportunities for all voices to be heard and valued; stand up for someone.
- Be inspired by the stories of great leaders and look for ways to implement their wisdom.
- Mentor or support someone to get the best out of themselves.



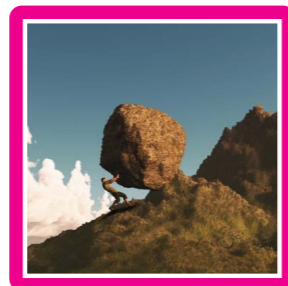
Love

- Practise frequent random acts of kindness to enable you to give and receive joy.
- Discover and nurture the strengths and values of your loved ones.
- Use a variety of ways to communicate your love for others – art, music, social media, poetry and/or songs.



Love of Learning

- Create an opportunity to read, watch, listen to and treat yourself to moments of new learning.
- Research areas of interest and offer to teach others; share your knowledge.
- Challenge yourself to learn one thing each week that one day could help another person.



Perserverance

- Choose a role model who exemplifies this quality and consider how you can learn from them.
- Break goals into small steps and commit to doing the next step within a specific timeframe.
- Recognise and savour the positive emotions you feel when you achieve your goals.



Perspective

- Consider how the thoughts, beliefs and actions of a wise person could positively guide you.
- Build a network of friends with differing viewpoints.
- Look for ways to tap into the collective wisdom of those around you.



Prudence

- Take time to clear your mind and gather your thoughts before making decisions.
- Focus intently on what others are saying – think carefully before you respond.
- Reflect on occasions when the strength of being careful and cautious might serve you well.



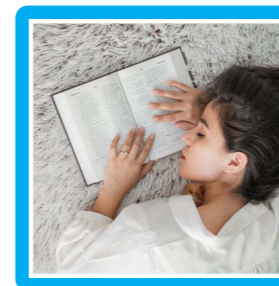
Self-Regulation

- Creating simple routines and rituals will help you to form healthy habits.
- Practise and enjoy saying 'No'.
- Find ways to limit distractions when you need to focus on a task or have a deadline looming.



Social Intelligence

- Be aware of the positive and negative energy you bring to interactions.
- Notice those around you and consider how they may be feeling. What do you observe?
- Look for the strengths and potential in others rather than focusing on their weaknesses.



Spirituality

- Reflect on the meaning and purpose of your life.
- Identify moments of awe and wonder in your daily life and reflect on the possible connections to a spiritual source.
- Explore a spiritual or religious text.



Teamwork

- Take on a personal challenge that benefits others.
- Volunteer your time and skills to a community group.
- Start a community project or just check in on your neighbours.



Zest

- Notice what energises you, find ways to add more of this to your daily life.
- Do things that really make you laugh.
- Reconnect with an old friend and reminisce about the good times shared.