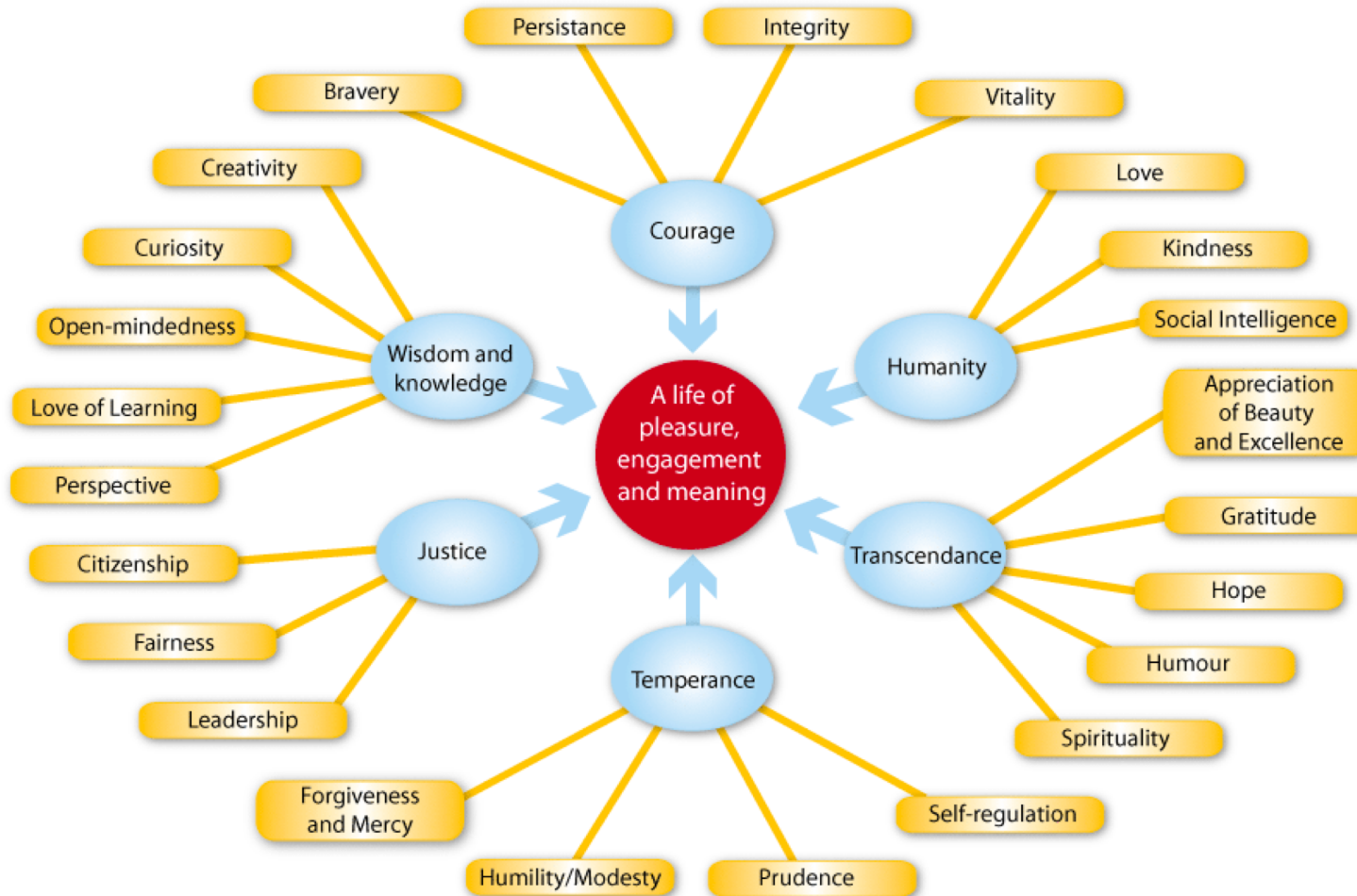




POSITIVE PSYCHOLOGY INSTITUTE

# VIA Character Strengths & Virtues

(Peterson and Seligman, 2004)



[www.viacharacter.org/](http://www.viacharacter.org/)



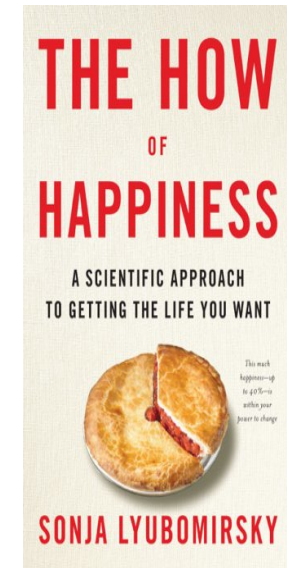
## Increasing Mental Fitness Activities...

- ✓ Remember, what we focus on grows!
- ✓ Mindset – Focus on effort & learning (less on grades)
- ✓ WWW – write down 3 things that went well each day for one week
- ✓ Build CAR ... listen for the reasons why we do activities
- ✓ Strengths knowledge, use & spotting (look for the spark)!
- ✓ Know the strengths of yourself & your family
- ✓ Increase positive emotional ratio?
- ✓ Mindfulness practice – 5 mins each day
- ✓ Look for moments of engagement and flow
- ✓ Gratitude exercises, gratitude diary
- ✓ Use a positive emotional vocabulary
- ✓ Do the Circle of concern/influence exercise
- ✓ Have a positive relationship plan



## A snapshot of wellbeing activities...

- ✓ Counting your blessings
- ✓ Cultivating Learned Optimism
- ✓ Avoiding rumination & social comparison
- ✓ Practicing acts of kindness
- ✓ Nurturing relationships
- ✓ Doing more activities that engage you (flow)
- ✓ Replaying & Savoring life's joys
- ✓ Committing to your goals
- ✓ Learning to forgive
- ✓ Practicing religion, spirituality
- ✓ Developing positive strategies for coping
- ✓ Envisioning your Best Possible Self



(Lyubomirsky & Sheldon, 2007; Sheldon & Lyubomirsky, 2006)