

Strength Based Resilience

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1.

WORKSHEET 1: WHAT ARE MY CHARACTER STRENGTHS?

Please circle only five (no less, no more) character strengths that best describe you

1	Creativity
2	Curiosity
3	Open-mindedness
4	Love of learning
5	Perspective
6	Bravery
7	Persistence
8	Integrity
9	Vitality
10	Love
11	Kindness
12	Social Intelligence
13	Citizenship
14	Fairness
15	Leadership
16	Forgiveness
17	Humility
18	Prudence
19	Self-regulation
20	Appreciation of Beauty
21	Gratitude
22	Hope
23	Humour
24	Spirituality

WORKSHEET 2: WHAT ARE MY CHARACTER STRENGTHS?

Please read the following descriptions of 24 positive character attributes given below. Select the **ONLY FIVE** you find most **often** characterize you by placing a check mark in the corresponding box.

	Description	Signature Strengths (SS)
1	I am moved deeply by beauty in nature, in art (e.g., painting, music, theatre, etc.) and/or in excellence in many fields of life.	
2	I consider myself to be a genuine and honest person, known to be trustworthy and act consistent with my values.	
3	I do not give up in face of hardship or challenge, even when I am afraid.	
4	I am good at thinking of new and better ways of doing things.	
5	I love to explore things, ask questions, and am open to different experiences and activities.	
6	I stand up for others when they are treated unfairly, bullied or ridiculed.	
7	I do not hold grudges, I forgive easily those who offend me.	
8	I express thankfulness for good things through words and actions.	
9	I hope and believe that more good things will happen than bad ones.	
10	I am playful, funny and use humour to connect with others	
11	I love to do kind acts for others, often without being asked.	
12	Others often choose me as a leader as I am known to lead well.	
13	Showing and receiving genuine love and affection come naturally to me.	
14	I love to learn many ideas, concepts, and facts in school or on my own.	
15	I don't like to be the center of attention and prefer others to shine.	
16	I am flexible and open-minded; I think through and examine all sides before deciding.	
17	I finish most things, even if get distracted; I am able to refocus and complete the task.	
18	Friends consult me regarding important matters as they consider me to be wise beyond my age.	
19	I am careful and cautious; I can anticipate risks and problems of my actions and respond accordingly.	
20	I believe in a higher power and participate in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly.	
21	I manage my feelings and behaviours even in challenging situations; I generally follow rules and routines.	
22	I manage myself well in social situations and am known to have good interpersonal skills.	
23	I am an active community or team member, and contribute to the success of my group.	
24	I am energetic, cheerful and full of life.	

Your Signature Strengths

	Character Strength	Worksheet 1	Worksheet 2
1	Appreciation of beauty		
2	Integrity, authenticity & honesty		
3	Bravery & valour		
4	Creativity & originality		
5	Curiosity, interest in the world & openness to experience		
6	Fairness, equity & justice		
7	Forgiveness & mercy		
8	Gratitude		
9	Hope, optimism & future-mindedness		
10	Humour & playfulness		
11	Kindness & generosity		
12	Leadership		
13	Love: Capacity to love and be loved		
14	Love of learning		
15	Humility & modesty		
16	Open-mindedness & critical thinking		
17	Persistence, diligence & industry		
18	Perspective (wisdom)		
19	Prudence, caution & discretion		
20	Spirituality & religiousness		
21	Self-regulation & self-control		
22	Social intelligence		
23	Citizenship, teamwork & loyalty		
24	Vitality, zest, enthusiasm & energy		

WORKSHEET 3: TO BE COMPLETED BY A FAMILY MEMBER OR A FRIEND

Please read the following descriptions of 24 positive character attributes given below. Select the **ONLY FIVE (no less, no more)** you find most **often** characterize ----- by placing a check mark in the corresponding box.

	Description	Signature Strengths (SS)
1	Is moved deeply by beauty in nature, in art (e.g., painting, music, theatre, etc.) and/or in excellence in many fields of life	
2	Is a genuine and honest person, is known to be trustworthy and acts consistent with her/his values	
3	Does not give up in face of hardship or challenge, even when is afraid	
4	Is good at thinking of new and better ways of doing things	
5	Loves to explore things, asks questions, is open to different experiences & activities	
6	Stands up for others when they are treated unfairly, bullied or ridiculed.	
7	Without holding a grudge, forgives easily those who offend against him/her	
8	Expresses thankfulness for good things through words and actions	
9	Hopes and believe that more good things will happen than bad ones	
10	Is playful, funny and uses humour to connect with others	
11	Loves to do kind acts for others, often without being asked	
12	Others often choose me as a leader as I am known to lead well	
13	Both loving and being loved comes natural to him/her; values close relationships with others	
14	Loves to learn many ideas, concepts, and facts in school or on her/his own	
15	Doesn't like to be the center of attention and prefers others to shine	
16	Is flexible and open-minded; thinks through and examine all sides before deciding	
17	Finishes most things; is able to refocus when distracted and complete the task	
18	Friends consult him/her regarding important matters; is considered to be wise beyond age	
19	Is careful and cautious, can anticipate risks and problems of his/her actions and responds accordingly	
20	Believes in a higher power and participates in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly	
21	Manages feelings and behaviours even in challenging situations; generally follows rules and routines	
22	Manages her/his self well in social situations and is known to have good interpersonal skills	
23	Is an active community or team member, and contributes to the success of his/her group	
24	Is energetic, cheerful and full of life	

WORKSHEET 4: TO BE COMPLETED BY A FAMILY MEMBER OR A FRIEND

Please read the following descriptions of 24 positive character attributes given below. Select the **ONLY FIVE (no less, no more)** you find most **often** characterize ----- by placing a check mark in the corresponding box.

	Description	Signature Strengths (SS)
1	Is moved deeply by beauty in nature, in art (e.g., painting, music, theatre, etc.) and/or in excellence in many fields of life	
2	Is a genuine and honest person, is known to be trustworthy and acts consistent with her/his values	
3	Does not give up in face of hardship or challenge, even when is afraid	
4	Is good at thinking of new and better ways of doing things	
5	Loves to explore things, asks questions, is open to different experiences & activities	
6	Stands up for others when they are treated unfairly, bullied or ridiculed.	
7	Without holding a grudge, forgives easily those who offend against him/her	
8	Expresses thankfulness for good things through words and actions	
9	Hopes and believe that more good things will happen than bad ones	
10	Is playful, funny and uses humour to connect with others	
11	Loves to do kind acts for others, often without being asked	
12	Others often choose me as a leader as I am known to lead well	
13	Both loving and being loved comes natural to him/her; values close relationships with others	
14	Loves to learn many ideas, concepts, and facts in school or on her/his own	
15	Doesn't like to be the center of attention and prefers others to shine	
16	Is flexible and open-minded; thinks through and examine all sides before deciding	
17	Finishes most things; is able to refocus when distracted and complete the task	
18	Friends consult him/her regarding important matters; is considered to be wise beyond age	
19	Is careful and cautious, can anticipate risks and problems of his/her actions and responds accordingly	
20	Believes in a higher power and participates in religious or spiritual practices (e.g., prayer, meditation, etc.) willingly	
21	Manages feelings and behaviours even in challenging situations; generally follows rules and routines	
22	Manages her/his self well in social situations and is known to have good interpersonal skills	
23	Is an active community or team member, and contributes to the success of his/her group	
24	Is energetic, cheerful and full of life	

SIGNATURE STRENGTHS WORKSHEET

	Character Strength	WS1 Self Pictorial	WS2 Self Description	WS3 Family	WS4 Friend	5 SSQ-72	6 Composite	7 Under/ Over	8 Desired
1	Appreciation of beauty & excellence								
2	Authenticity & honesty								
3	Bravery & valour								
4	Creativity & originality								
5	Curiosity, interest in the world & openness to experience								
6	Fairness, equity & justice								
7	Forgiveness & mercy								
8	Gratitude								
9	Hope, optimism & future-mindedness								
10	Humour & playfulness								
11	Kindness & generosity								
12	Leadership								
13	Capacity to love and be loved								
14	Love of learning								
15	Modesty & humility								
16	Open-mindedness & critical thinking								
17	Perseverance, diligence & industry								
18	Perspective (wisdom)								
19	Prudence, caution & discretion								
20	Religiousness & spirituality								
21	Self-regulation & self-control								
22	Social intelligence								
23	Teamwork, citizenship & loyalty								
24	Zest, enthusiasm & energy								

Compile your signature strengths profile using this worksheet

This exercise can help you compile your signature strengths. The columns are to be completed in the following order.

Each column is independent from the other.

Column One & Two (Self): Record the five positive character attributes you self-identified on Worksheets 1 & 2. Place a checkmark inside the box that corresponds to the attribute you thought most often characterized you.

Column Three (Family): Record the attributes that your family member identified and thought best described you.

Column Four (Friend): Record the attributes that your friend identified and thought best described you

Column Five (Signature Strengths Questionnaire; SSQ-72): Complete the 72-item Signature Strengths Questionnaire online and record your top 5 strengths. www.tayyabrashid.com under services.> well-being assessment

Column Six (Composite): Add the number of times that each attribute was checked in the previous four columns.

Column Seven (under/overuse): Identify five strengths which you may be lacking (underuse) or have in excess (overuse). Denote the strength with either X-O (Over) or X-U (under).

Column Eight (Desired): Identify five strengths, which you desire to possess.

CHARACTER STRENGTHS: UNDER & OVER USE

For each your signature strength, specify their corresponding lack/underuse & excess/overuse. You can also do for other strengths

	Character Strengths	Description	Lacking / Under use	Excess / Over use
1	Appreciation of beauty & excellence	Being moved deeply by beauty in nature, in art (painting, music, theatre...etc.) or in excellence in any field of life		
2	Authenticity & honesty	Not pretending to be someone one is not; coming across as a genuine and honest person		
3	Bravery & valour	Overcoming fears to do what needs to be done; not give up in face of a hardship or challenge		
4	Creativity & originality	Thinking of new and better ways of doing things; not being content with doing things in conventional ways		
5	Curiosity, interest in the world & openness to experience	Being driven to explore things; asking questions, not tolerating ambiguity easily; being open to different experiences and activities		
6	Fairness, equity & justice	Standing up for others when they are treated unfairly, bullied or ridiculed; day-to-day actions show a sense of fairness		
7	Forgiveness & mercy	Forgiving easily those who offend; not holding grudges		
8	Gratitude	Expressing thankfulness for good things through words and actions; not take things for granted		
9	Hope, optimism & future-mindedness	Hoping and believing that more good things will happen than bad ones; recovering quickly from setbacks and taking concrete steps to overcome them		
10	Humour & playfulness	Being playful, funny and uses humour to connect with others		
11	Kindness & generosity	Doing kind deeds for others, often without asking; helping others regularly; being known as a kind person		
12	Leadership	Organizing activities that include others; being someone others like to follow; being often chosen to lead by peers		
13	Capacity to love and be loved	Having warm and caring relationships with family and friends; showing genuine love and affection through actions regularly		
14	Love of learning	Loving to learn many things, concepts, ideas, facts in school or on one's own		
15	Modesty & humility	Not liking to be the center of attention; not acting as being special; admitting shortcomings readily; knowing what one can and cannot do		
16	Open-mindedness & critical thinking	Thinking through and examining all sides before deciding; consulting with trusted others; being flexible to change one's mind when necessary		
17	Perseverance, diligence & industry	Finishing most things; being able to refocus when distracted and completing the task without complaining; overcoming challenges to complete the task		
18	Perspective (wisdom)	Putting things together to understand underlying meaning; settling disputes among friends; learning from mistakes		
19	Prudence, caution & discretion	Being careful and cautious; avoid taking undue risks; not easily yielding to external pressures		
20	Religiousness & spirituality	Believing in God or higher power; liking to participate in religious or spiritual practices e.g., prayer, meditation...etc.		
21	Self-regulation & self-control	Managing feelings and behaviour well most of the time; following gladly rules and routines		
22	Social intelligence	Easily understanding others' feelings; managing oneself well in social situations; displaying excellent interpersonal skills		
23	Teamwork, citizenship & loyalty	Relating well with teammates or group members; contributing to the success of the group		
24	Zest, enthusiasm & energy	Being energetic, cheerful and full of life; being liked by others to hang out		

SIGNATURE STRENGTHS IN OVERCOMING CHALLENGES

Write about the challenges (big or small) you currently face at home, work and in your community. Think of these challenges as over or under use of specific strengths. Next, write down which of your signature strengths could be used to overcome those challenges. What specific and concrete behaviours will manifest appropriate and adaptive use of your signature strengths? What would be the successful these behaviours?

Home/Personal:

Challenge (s): _____

Strengths use (over/under): _____

Signature Strengths that can be used to overcome the challenge: _____

Specific Actions: _____

Concrete Outcomes: _____

Work/Study:

Challenge (s): _____

Strengths use (over/under): _____

Signature Strengths that can be used to overcome the challenge: _____

Specific Actions: _____

Concrete Outcomes: _____

Social/Miscellaneous:

Challenge (s): _____

Strengths use (over/under): _____

Signature Strengths that can be used to overcome the challenge: _____

Specific Actions: _____

Concrete Outcomes: _____

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Please write three blessings (good things) each night before going to bed. Next to each blessing that you list, write a reason (at least one sentence) about:

- Why this good thing happened today
- What this good thing means to me
- What I have learned from taking the time to name this blessing or good thing
- What ways I or others contributed to this blessing or good thing

Monday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Tuesday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Wednesday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Thursday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Friday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Saturday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:

Sunday, -----

First Blessing:

Reflection:

Second Blessing:

Reflection:

Third Blessing:

Reflection:



An Overview of Strength-based Resilience Program

Lesson	Topic
One	Overview; Logistics, Expectations What is Resilience? Fixed and Growth Mindset
Two	Mindfulness and Cognitive Awareness
Three	Thinking Short-cuts
Four	Core Values
Five	Character Strengths
Six	Cognitive Flexibility
Seven	Grudge and Empathy
Eight	Gratitude
Nine	Maximizing vs. Satisficing
Ten	Slowness and Savouring
Eleven	Meaningful Life
Twelve	Positive Relationships: Positive communication
Thirteen	Positive Family
Fourteen	Integration

Websites

- www.tayyabrashid.com: Free online clinical, positive psychology measures with feedback and re-take options
 - Also available on the website is 340 Ways to use VIA character strengths
- Free online positive psychology/happiness measures: www.authentic happiness.sas.upenn.edu
- Character Strengths – institute on character: www.via strengths.org
- Take free character strength Survey – institute on character: www.via strengths.org
<http://www.viacharacter.org/PRACTICE/Articles/tabid/109/language/en-US/Default.aspx>
- Positive Psychology Centre, U of Pennsylvania: www.ppc.sas.upenn.edu
- Positive Relationships - The Gottman Institute: www.gottman.com
- Forgiveness: www.forgiving.org
- Flourishing Schools: www.flourishingschools.com

Documentaries

- **The Happiness Formula** : *Six part BBC documentary, aired in April 2006*
news.bbc.co.uk/2/hi/programmes/happiness_formula/
- **Happiness - How to Find It, Understand It and Achieve It**, ABC's 20/20 (aired on Jan 11, 2008) www.abcnewsstore.go.com
- **In Pursuit of Happiness: Find Happiest Canadian**, documentary by Sarah Spinks (416-755-2424)
www.spinfree.ca
- **Introducing Positive Psychology** by PBS Montana
- **Happy (2011)** by Roko Belic