



Campsite Four—Use Your Strengths

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



Key Learning Points

- Identify your greatest strengths.
- Identify how you can use your strengths to achieve the experience of flow.
- Identify how to manage your weaknesses.



Application Exercises

1. What are your greatest strengths?
 - What are 20 things you love to do? Do those things give you any insight into your strengths?
 - Interview people who appreciate you. Ask them what strengths they see in you.
 - Go to www.authentic happiness.org and take the VIA Signature Strength Survey to see which are your top or “signature” strengths. Or talk with a counselor or professional who can link you with strength assessment tools.
2. When have you been immersed in a challenging task that you enjoyed so much that you lost track of time? That is the state of flow. How can you spend more time in a state of flow?
3. Consider ideas for using your strengths more on your job. Focus on ideas that will accomplish organizational purposes as well as increase your job satisfaction. Plan how you will discuss those ideas with your manager.
4. In order to achieve happiness we need to use our strengths. We also need to manage our weaknesses. What is your plan for managing your weaknesses? For example, do you have friends or family members who can help you in areas where you are weak?



