

Exercise: Tracking your signature strengths

Use one of your signature strengths in a new way each day

In addition, you may like to select a current book you're reading, a TV show you watch or recent movie/play you saw and write about the strengths you spot in the main character(s).

Day/Date	Type of practice & time length	Strength Used	Comments/reflections/observations
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			