



Scarcity

Scarcity is:

Scarcity shows up in my life as:

What would my life be like if I came from abundance and strength instead of scarcity?

My Top Character Strengths

Top Character Strengths are the “strengths of character that a person owns, celebrates, and frequently exercises.”

- 1. Using this strength is invigorating, not exhausting
- 2. You can't help yourself—this strength just comes out
- 3. A sense of “this is me” when using this strength



*Thrive: Women in Business
Start with Abundance*

Peterson, 2006; Gallup, 2014; Brown, 2015

Character Strengths in Action

A Challenge I faced and overcame:

Strengths I used, and the behaviors that demonstrated its use:

Gratitude

What would it be like if I was grateful for the strengths I bring to my life instead of focusing on the mistakes I make and the ways I don't measure up?

Way Ahead: Abundant Heart

Create an abundant heart affirmation using the prompts below

*I'm grateful for my _____ (top strength) that empowers/
enables me to _____.*

Lighting the fire on Leadership, Engagement, Adaptability and Drive

1. Appreciation of Beauty and Excellence
2. Bravery
3. Creativity
4. Curiosity
5. Fairness
6. Forgiveness
7. Gratitude
8. Honesty
9. Hope
10. Humility
11. Humor
12. Judgement
13. Kindness
14. Leadership
15. Love
16. Love of Learning
17. Perseverance
18. Perspective
19. Prudence
20. Self-Regulation
21. Social Intelligence
22. Spirituality
23. Teamwork
24. Zest

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<p style="text-align: center;">Character Strength #1</p> <p>Noticing and appreciating beauty, excellence, and or skilled performance in all domains of life, from nature to art to mathematics to everyday experience.</p> <p>May often be moved or left speechless by the beauty depicted in a movie, song or tradition.</p>	<p style="text-align: center;">Character Strength #2</p> <p>A courageous person who does not shrink from threat, challenge, difficulty or pain.</p> <p>Often takes stands in the face of strong opposition.</p>
<p style="text-align: center;">Character Strength #3</p> <p>Values close relations with other, in particular those in which sharing and caring are reciprocated. Feels most close to the same people who feel most close to him/her.</p> <p>Does not have difficulty accepting love from others.</p>	<p style="text-align: center;">Character Strength #4</p> <p>A careful person, with consistently prudent choices. Does not say or do things that they might later regret.</p> <p>Better safe than sorry. Not an impulsive person.</p>
<p style="text-align: center;">Character Strength #5</p> <p>Excels as a member of a group. A loyal and dedicated teammate, always doing one's share; works hard for the success of a group.</p> <p>Works best in a group setting instead of alone.</p>	<p style="text-align: center;">Character Strength #6</p> <p>Automatically thinks of new ways to do things. Never content with doing something the conventional way if a better way is possible.</p> <p>Often has the urge to do something original, different or new. Doing something the way it's usually done is boring.</p>
<p style="text-align: center;">Character Strength #7</p> <p>Curious about everything. Always asking questions, finds all subjects and topics fascinating. Likes exploration and discovery.</p> <p>Never bored. Has many interests. Tends to be novelty-seeking and open to experiences.</p>	<p style="text-align: center;">Character Strength #8</p> <p>Treating all people fairly as an abiding principle. Does not let personal feelings bias decisions about other people. Gives everyone a chance.</p> <p>Very committed to justice and equality. Does not treat someone differently because they don't like them.</p>