

**Strength Training Plan****CORE VIRTUE---WISDOM & KNOWLEDGE****Curiosity / Interest in the World:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Expand your knowledge about an area that interests you through books, journals, magazines, TV, radio or Internet, for half an hour, three times a week.
- Attend an event, lecture, restaurant, or museum related to a culture that differs from your own.
- Eat food from a culture that is different than your own and research its cultural context and history.
- Connect with a person from a different culture and spend at least an hour with them learning about his or her culture.
- Watch a TED talk about a topic of interest that you have not previously studied.

**Love of Learning:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Deliberately learn five new words, including their meaning and usage, at least twice during the week.
- Visit a museum or research a new exhibit on a museum website.
- Read a non-fiction book, blog, or article on a topic you find absorbing and engaging.
- Follow an ongoing global event through newspapers, TV, or the Internet.
- Attend new gallery/exhibition openings in your area.
- Watch a foreign film with English subtitles to gain a new perspective (e.g., *Slumdog Millionaire*, or *Life is Beautiful*)

**Judgment/Critical Thinking/Open-Mindedness:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Play the devil's advocate on an issue about which you have strong opinions to expand your perspective.
- Think of a time when you planned well and your actions had a positive outcome.
- Think of a time when prior planning would have helped you achieve a more positive outcome to an event.
- Ask your family or friends about their feelings concerning a controversial topic and critically evaluate your views before, during, and after the discussion.
- Consider an important impending decision in your life and create a list of pros and cons.
- Monitor if you often find information to confirm your opinions or if you seek out new information to expand your views.

### **Creativity, Ingenuity, and Originality:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Write an article, essay, short story, or poem related to an area of interest.
- Create a drawing, painting, sculpture, collage, or Pinterest board about an area of interest.
- Contribute at least one creative solution to a problem that a family member or friend is currently facing. A creative solution would be one that is both realistic and original.
- Redesign your room or a room in your home by rearranging the furniture to create a pleasing look.
- Watch a how-to video on the Internet about a project that has always interested you (e.g., pottery, photography, fashion, video or music editing).
- Read about famous creative people and identify what made them unique.
- Design a personalized card instead of buying.

### **Social Intelligence:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Listen to your friends and siblings empathically, without preparing rebuttals, and simply reflect your feelings.
- If someone offends you, attempt to find at least one positive element in their motives.
- Note and appreciate others in the light of their positive attributes.
- Watch a favorite TV program or film on mute and try to determine the feelings that are being conveyed.
- Listen to others with unconditional positive regard.
- Identify which of your friends relates most emphatically with others.
- When working with others, make sure that everyone feels like an included or valued member of the group.

### **Perspective Wisdom:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Find someone wise (alive or someone who has passed on) and read or watch a film about their life. Identify how their life can guide your decisions and actions.
- Make a Pinterest board of quotes that inspire you.
- Offer advice, but only when asked and after listening empathically to the seeker.
- Engage in an action that would positively impact the lives of others.
- Examine a world event from historical, cultural and economic perspectives.

### **Bravery and Valor:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Commit yourself to a cause that matters to you in a meaningful way (e.g., write, speak out, or join an activist organization).
- Protect or stand up for someone (such as a younger sibling or fellow student) who will not otherwise stand up to unjust authority in a dignified manner.
- Create a list of your most significant core values.
- Find articles or Internet videos about ordinary individuals who have demonstrated bravery.
- Try a new food or cuisine that you have never tasted before.
- Positively participate in all of your classes, including classes where you would normally be more reserved.

### **Industry, Diligence, and Perseverance:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Set five small goals for this week. Break them into practical steps, accomplish them on time, and monitor your progress.
- Select a role model who exemplifies perseverance and determine how you can follow in his or her footsteps.
- Read an inspiring quotation or story that motivates you to achieve your goals.
- Write down your goals and post them where you can see them regularly. Let them inspire you.
- Take on a new task or pursue a new goal (one that you can handle). If you fail, revise your plan but do not give up until you finish.
- Keep a checklist of things to do and regularly update it.
- Choose one small bad habit in your life and give it up for the week (e.g., nail biting, drinking excessive amounts of caffeine, interrupting others, complaining, or overuse of technology).

### **Honesty, Authenticity, and Genuineness:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Monitor every time you tell a lie, even if it is a small one. Try to make your list shorter every day.
- Monitor to catch lies of omission (such as not volunteering important information when selling a used item) and think how would you feel if someone did the same to you.
- Monitor whether your next five significant actions match your words.
- Think and act fairly when you face your next challenge, regardless of its impact on your popularity.
- Identify your area of strongest moral convictions. Make sure that your priorities match with your convictions.

## CORE VIRTUE----HUMANITY AND LOVE

### Kindness and Generosity:

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Carry out three random acts of kindness during the week for friends and family (e.g., doing small favors for friends and neighbors, encouraging someone who is going through a rough time, writing a note to your favorite teacher to explain why they made a positive impact on your life, or leaving a generous tip at a restaurant or coffee shop that you frequently visit).
- Take a friend out for a surprise dinner (or buy them a cup of coffee) and pay for it.
- Say kinder and softer words to people when interacting through email, writing letters, talking on the phone.
- Cook a nice meal for your family or friends.
- Donate your time or any goods that you do not currently use to a worthy cause.
- Call a grandparent or family member that you have not spoken to in a while and have a conversation. You could interview them about their life or record a video of them talking about their memories.
- Make a list of the small acts of kindness that you witness throughout the week (no matter how small). You do not need to identify people by their names.

### Capacity to Love and Be Loved:

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Provide unconditional positive regard to your friends and family.
- Take time to appreciate the strengths of your friends and family.
- Express your love through gifts. When possible, create gifts yourself.
- Express your love creatively (e.g., through a poem, notes, sketches, photographs of an important place, event, or situation).
- Express your love for friends or family members by spending time with them.
- Engage in a favorite activity (e.g., hiking, going to an amusement park, biking, walking in the park, swimming, camping, or jogging) with a friend.

## CORE VIRTUE-- JUSTICE

### Citizenship, Teamwork, and Loyalty:

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Volunteer for a community service project in your town.
- Gather a group of friends and attend a school sporting event, play, or musical performance.
- Attend a meeting of a club that brings together people of diverse cultures or backgrounds.
- Shovel snow or scrape ice for a neighbor.
- Cook a favorite meal for a friend or family member.
- Research a political issue or a candidate that represents you in local government.

### **Fairness, Equity, and Justice:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Encourage the equal participation of everyone, especially those who feel left out of a discussion.
- Recall and write about instances where you behaved unfairly towards others. Consider how you could improve your behavior in the future.
- Monitor yourself to determine whether you hold stereotypical views or exhibit discriminatory behaviors. Make an effort to view people as individuals throughout the week.
- Politely correct others who use insensitive language.
- Write a letter to an editor or speak up on an important issue concerning social justice.
- Volunteer or learn about an organization that campaigns for human rights and equality.
- Reflect on an ongoing event anywhere in the world where human rights are being violated.
- Read biographies of famous people who exemplify social justice such as Gandhi, Martin Luther King, Malala Yousafzai, Rosa Parks, and Nelson Mandela.

### **Leadership:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Volunteer to lead an activity, assignment, or project and actively solicit opinions from all group members.
- Read a biography or an article about a leader that you admire. Evaluate how he/she inspires you in practical ways.
- Start a group health or fitness goal with your friends or family members.
- Participate in an important political cause.
- Make a list of possible ways that you could improve your leadership style.

### **Self-Control and Self-Regulation:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Set goals to improve your everyday living (e.g., room cleaning, laundry, doing dishes, or cleaning your desk) and make sure you complete the tasks.
- Monitor and eliminate distractions (e.g., phone, TV, or computer) while focusing on a particular assignment.
- Set a health or fitness goal and monitor your progress towards that goal throughout the week.
- Avoid talking about others in their absence.
- Establish a regular time and a place for most of your activities.
- Identify your role models and examine their actions. Determine the behaviors that you would like to emulate in your own life.
- Pay close attention to when you feel most awake and alert. Carry out your most important tasks when you are most alert.
- Set a regular sleep schedule and stick to it throughout the week.
- Refrain from using profane language for a week.

### **Caution, Prudence, and Discretion:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Think twice before responding to a situation and evaluate the potential consequences of your words or actions. Behave cautiously when interacting with others on social media.
- Discuss an important decision with a trusted family member or friend.
- Make important decisions when you are relaxed, not anxious or stressed.
- Choose an upcoming project, test, or major assignment and create a plan so that you don't wait until the last minute to complete the assignment (including seeking help from your teacher if needed).
- Create a budget for prom weekend, college, or any major upcoming event. Decide how much money you would allocate for each expense to manage your finances.

### **Modesty and Humility:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Resist bragging or showing off about your accomplishments for a week.
- Notice if you speak more than others in a group situation.
- Provide a genuine compliment or share something that you admire about someone each day.
- Use environmental resources modestly (e.g., use recycled products, monitor your water use, and limit your use of products that are harmful to the environment).
- Admit your mistakes and apologize sincerely.

## **CORE VIRTUE-- TRANSCENDENCE**

### **Appreciation of Beauty and Excellence:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Take a picture of at least one instance of natural beauty around you every day (e.g., sunrise, sunset, clouds, sunshine, snowfall, rainbows, trees, moving leaves, birds chirping, or flowers).
- Clean your room and make your surroundings aesthetically beautiful.
- Examine a piece of art and consider how it impacts you aesthetically.
- Create a Pinterest board of images that you find beautiful or aesthetically pleasing.
- Explore how different cultures express beauty.

### **Gratitude:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Count three of your blessings (good things that happened to you) before going to bed every day.
- Express your gratitude towards an individual in your life through a personal conversation, phone call, text, letter, or social media post.
- Every day, select one thing that you take for granted. Work on being mindful of this blessing in the future.
- Notice how many times you say thank you in a day.
- Find ways to express gratitude to public officials such as police officers, firefighters, and postal workers.
- Write a positive online review of a favorite restaurant.
- Over dinner, talk with your loved ones about two good things that happened to them during the day.
- Take a picture of one thing that you are grateful for every day.

### **Hope, Optimism, and Future-Mindedness:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Recall a situation when you or someone close to you overcame a difficult obstacle and succeeded.
- Read about someone who succeeded despite difficulties and setbacks in their life.
- When facing adversity, think about a time in which you successfully overcame a similar challenge in the past.
- Document three of your past accomplishments in detail.
- Surround yourself with optimistic friends and family members, particularly when you face a setback.
- Make a list of some of your greatest hopes and aspirations for the future.
- Make a Pinterest board of optimistic and hopeful quotes.

### **Spirituality, Sense of Purpose, and Faith:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Spend some time every day engaging in at least one activity that connects you to a higher power or reminds you where you fit in the large scheme of things.
- Spend ten minutes daily in breathing deeply, relaxing, and meditating (emptying the mind of thoughts by focusing on breathing).
- Mindfully worship or meditate for five to ten minutes a day.
- Read a spiritual text for half an hour each day.
- Explore different religions by taking a class, researching over the Internet, meeting a person of a different faith, or attending a service or gathering of a different religion.
- Note whether your everyday actions have any spiritual significance. To what extent do your spiritual beliefs influence your thoughts or actions?
- Reflect how your spiritual beliefs and practices connect you with others authentically.

### **Forgiveness and Mercy:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Reflect upon moments when you offended someone and were forgiven, then consider extending forgiveness to others.
- Evaluate your emotions before and after forgiving someone.
- Attempt to understand the perspective of someone who has offended you in the past.
- Ask for forgiveness according to your faith and assess how you feel afterward.
- Identify how withholding forgiveness impacts you emotionally. Does it produce disruptive emotions (e.g., anger, hatred, fear, worry, sadness, anxiety, or jealousy)?
- Plan out a positive response for the next time someone personally offends you and try to put it into practice.

### **Humor and Playfulness:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Bring a smile to someone's face every day through jokes, gestures, and playful activities.
- Learn a new joke that will not offend others. Tell it to a friend, family member, or teacher.
- Watch a humorous new YouTube video every day and share it with your friends.
- Plan a fun event with your friends.
- Spend time playing with a pet.
- Play a game with a younger sibling.

### **Zest, Enthusiasm, and Energy:**

- Create a playlist of four songs that relate to this strength. Listen to your playlist three times during the week.
- Watch a movie or TV show that relates to this signature strength.
- Choose an everyday task and carry out with more creativity or enthusiasm.
- Exercise at least two to three times a week, and notice how it affects your energy level.
- Do a physical activity of your choice, one that you do not "have to do" and that you are not told to do.
- Improve your sleep hygiene by establishing regular sleep time, eating three to four hours before sleeping, avoiding doing any work in the bed, not taking caffeine late in the evening, etc.
- Attend a dance, concert, or a performing arts event.
- Socialize with friends who like to laugh heartily.
- Celebrate a minor accomplishment in a big way.
- Call an old friend and reminisce about positive memories.