

CHARACTER STRENGTHS

Head to the [VIA Character Strengths Survey](#), pop in your email and take the quiz. By the end of it, you'll have a list of your top 10 values.

1. Write your 10 values down the left hand side of your page.
2. Next to each value, think about some ways that you can fulfil that value. (For example, if one of your values is creativity, you might fulfil that value through painting)
3. To make sure these are having full effect it can be helpful to carve out a regular moment each day to practice what you need. Obviously, we don't always have an hour available to us every day so next to each of your strategies, write down the minimum amount of time you need to practice each one.

You should now have a list of strategies that you can use for different situations to help you maintain your mental health as a community leader!

Value	Fulfilment	Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		