



## Day 5

### Lead With What You're Good At

#### Getting Started with Strength

Today's topic may seem brief, but it's focused. You'll need to start by identifying your character strengths. It's recommended that you complete the survey below ("Deeper Dive").

Alternatively, you can reach out to 3 people in your life, balancing work and personal relationship. Ask these individuals to identify 5 character strengths from the list found in the Appendix.

*Strength of Character List: See Appendix.*

#### In the Moment Challenge:

List your top 5 character strengths:

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

#### Deeper Dive

The VIA Survey of Character Strengths (online) <https://www.viacharacter.org/Survey/Account/Register>



*Our character is what we do when we think no one is looking.*

H. Jackson Brown Jr.

