MBSP Handout 2.1

Session 2: Your Signature Strengths Tracking and Suggested Exercises

Suggested Exercises/Homework This Week:

- Body mindfulness meditation (with self-regulation, curiosity, kindness), 1×/day
- Character strengths breathing space exercise (Handout 2.4)
- Track your experiences here or in your journal
- Use one of your signature strengths in a new way each day (Handout 2.3)
- Practice mindfulness with 1 routine activity each day
- **Bonus:** 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	Strengths Used	Observations/Comments
Wednesday Date:			
Thursday Date:			
Friday Date:			
Saturday Date:			
Sunday Date:			
Monday Date:			
Tuesday Date:			
Wednesday Date:			