MBSP Handout 3.3

Session 3:

Strengths-Activity Mapping

As we go about our day we might not be paying much attention to the character strengths we are using in the moment. Our signature strengths come naturally to us but that doesn't mean we are always using them mindfully. Often, we are missing opportunities. We might be missing a chance to develop a strength, to attend more closely to an important interaction, or a chance for greater self-awareness.

Choose *one* of the following two activities:

Version 1 (Reflecting on your day)

Jot down your responses to the following questions:

- Consider an activity you do that's a routine. What strengths are you using to do it?
- Consider a regular activity that involves connecting with someone. What strengths do you use in the interaction? Explain.
- Consider an activity that involves some kind of work. What strengths are using? Explain.

Version 2 (Self-monitoring)

Bring your laser of mindfulness to one part of your day such as the morning, the afternoon, or the evening (e.g., a four-hour period). Commit to mindfully observe yourself as you go about your activities. Set an alarm on your watch or phone for every 15 minutes. Each time the alarm sounds, write down your response to these questions:

- What are you doing?
- What character strengths are you using? Explain how you are using each strength.
- How strong, on a scale of 1–10, are you using each strength (where a 10 is the highest degree possible)?