

The Science of Flourishing – Using your Signature Strengths to Flourish

We cannot easily describe happiness, but we can look at decades of work done by Martin Seligman and his of esteemed colleagues to better understand the elements of happiness. In the early 2000’s, their ground-breaking research delved into human well-being to understand the range and dimensions of human goodness and how to improve the human experience.

Through the Science of Flourishing it is safe say that you can learn how to be happy.

“Flourishing is like supercharging your well-being to achieve a state of happiness.”

Well-being is often defined as being synonymous with positive mental health, a combination of feeling good and functioning well. They refer to “enhancing well-being” as flourishing. Via the science of flourishing they are able to identify strategies (tools, practices, methodologies) which will help people attain a more gratifying happy life.

The science of flourishing stresses that you understand two things well before you implement any of the strategies:

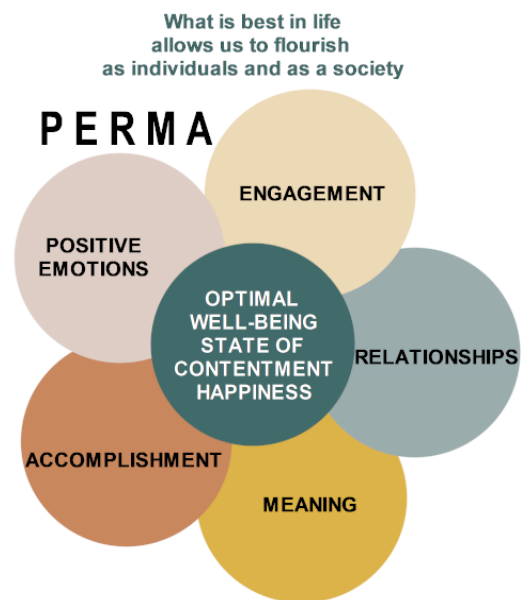
- A. Five key elements of happiness
- B: Your signature strengths, as these are defined by the science.

A. Key Elements of Happiness

Human beings long for and instinctively desire five elements that are at the root of sincere happiness. Most people desire:

- 1) Positive emotion in their lives. Positive emotions heighten other emotions and trigger similar emotions in other people
- 2) Engagement with their loved ones, their job, their leisure activities
- 3) Positive relationships
- 4) Lives infused with meaning
- 5) Accomplishment

The five elements are identified as the most gratifying and meaningful aspects of living and best for your well-being. They can be independently assessed and enhanced to allow you to develop and thrive. The elements are most often recognized by the mnemonic PERMA shown above. We explore “PERMA - The Key Elements of Happiness” in another Break Through article. Make a point of studying that article next as your happiness is bound up in understanding both “The Five Elements of Happiness” and what we will focus on in this study of identifying and using your signature strengths.



24 Character Strengths

The science of flourishing defines twenty-four character strengths. These strengths are the positive human traits that are the essence of your character and at the heart of your everyday life. You possess all 24 character strengths in varying degrees.

More importantly, you have a one-of-a-kind “character strengths profile” with four to six signature strengths that rank higher and matter most to your authenticity.

The illustration shows an overview of the 24 core character strengths that are categorized by six universal virtues. .

When we mention the word strengths, most people envision skills or tasks. In flourishing, your character strengths make up what’s best about your individual personality For example: humour, love of learning, perseverance, gratitude.

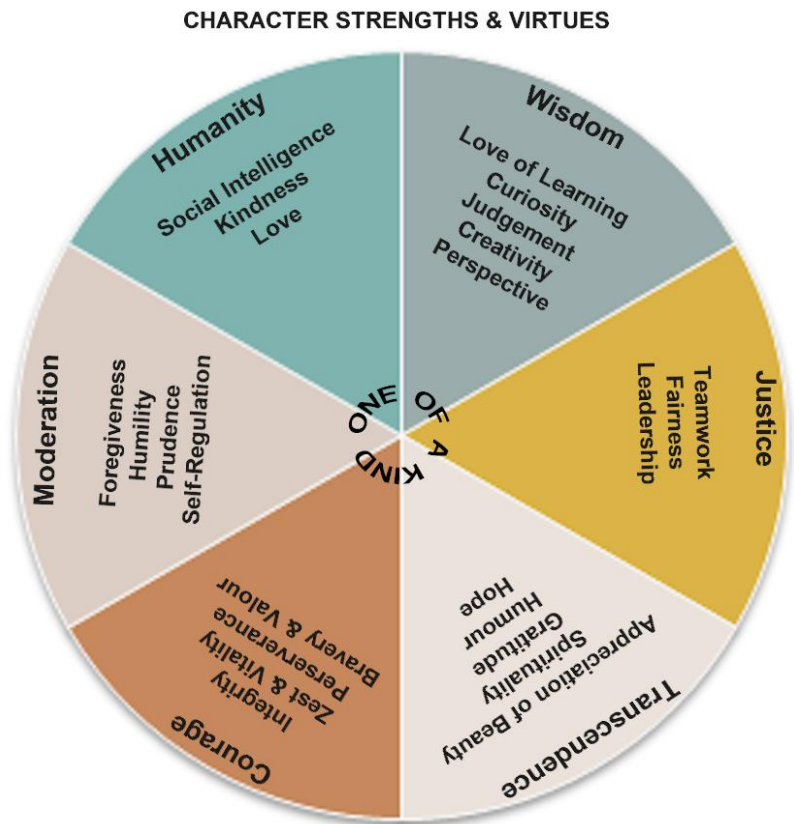
These character strengths enable you to be and to act in ways that help you focus on what’s strong instead of what’s wrong, what can go right instead of what can go wrong. Deploying these character strengths are your unique pathways to human flourishing. In general, once you identify their signature strengths the research indicates you will yearn to learn new ways to express them and to create situations or projects that center on the usage of those core characteristics.

Directing Your Efforts to Flourish

As we delve into the elements of happiness and character strengths we remind you that you do not just read about the science of flourishing and instantly feel better. You have to direct your efforts to learning how to flourish by:

- Discovering and deploying your signature strengths.
- Understanding the five key elements of human flourishing and how to nourish each one.
- Enhancing the strengths and skills that matter most to flourishing so you can put your knowledge, awareness, and capabilities into practice.

Happiness results from flourishing. Flourishing requires knowledge and active participation in nourishing your well-being through each of your conscious experiences.



Signature Strengths – Basic Qualities of Well-Being

You possess all 24 character strengths in varying degrees. You may identify with many of them or appreciate them in others. As important as they are many people underuse them or do not have a meaningful awareness of how they use them. People can be surprised to learn a strength is even on the list. For example, many do not realize that curiosity is a character strength and one of the most crucial. It makes a difference to your well-being to understand these strengths so you can deploy as many of them as possible in your own life.

Your Character Strengths Profile – Your Best Qualities

The real key to being your best self is through deploying your “one-of-a-kind “signature strengths. You may not be consciously aware of your character strengths profile, the four to six strengths that are your best qualities. You may have a sense of them or enjoy them. But, you may not actively use them often enough to nurture your well-being. Yet, they matter most to the authentic you and provide unique pathways to those positive goals you pursue in life, and ultimately bring the highest value to the world.

Character Strengths that Matter Most to the Authentic You

Research shows that using your signature strengths 1-2 hours per day corresponds with increased feelings of happiness.



You will use your signature strengths in different ways than anybody you know. While one person might consider her signature strengths to be related to courage and wisdom, another might view justice and humanity as more central to her authentic sense of self. Research shows that if you have an active awareness of your signature character strengths you are nine times more likely to be flourishing and feel true happiness. Therefore, one of the most important things you can do for yourself is identify and understand your unique character strengths so you can nurture them, enhance them, and use them wisely in all areas of your life.

How to Determine Your Signature Strengths

For deeper understanding we will explore each of the 24 character strengths. You can study each of the them to identify which strengths best describe who you are at your core. Your signature strengths will have three things in common:

1. **Essential:** the strength feels essential to who you are as a person.
2. **Effortless:** when you enact the strength you feel natural and effortless.
3. **Energizing:** using the strength raises your spirits, is energizing, leaves you feeling content or ready to take on more.

Your Starting Point and the Formal Assessment

As you review a strength, if must meets all 3 key features, to make your list of signature strengths. We know that you will likely end up with more than the 4-6 signature strengths expected for a unique profile. It is your starting point to understand the basic qualities that are important to your well-being.

After you read through the list, we highly recommend you take an online assessment to obtain your accurate unique signature strength profile. It takes about 15 minutes and is free through the VIA Institute on Character. For two decades VIA, a non-profit organization, has been dedicated to bringing the science of character strengths to the world with the aim of promoting well-being, helping to accomplish aspirational intentions, and allowing the greater good of the collective to grow. The assessment was created through collaboration of the researchers of the Science of Flourishing and used by professionals world-wide (available in dozens of languages).

VIA Character Assessment Survey – FREE <https://www.viacharacter.org/survey/account/register>

Once you have your personalized unique profile, you can do a deeper exploration of your signature strengths to learn how to activate each strength to improve everyday life. You can learn exercises to nourish your all your strengths, discover different ways to use your best qualities, or combine them.

Keeping in mind the importance of how you use words to attach more meaning to your experiences. Broaden your awareness of your strengths to more closely identify with the positive emotions you feel, and then choose words that fit that emotion. Therefore, you may define any signature strength more specifically to suit you. For example: zest and vitality for you may be more clearly defined as “playfulness” or “energy”. The character strength of “beauty” may make more sense to you if you think of it as “nature” or “truth” or “recognizing “excellence in everything”.

At the end of this section we will provide you access to specific enhancement exercises for each of the 24 strengths so you can focus on enhancing a signature strength or lesser used strength.

24 Character Strengths Guide

The 24 core character strengths are differentiated by six classes of virtue:

- | | |
|-------------|-------------------|
| A. Wisdom | D. Justice |
| B. Courage | E. Moderation |
| C. Humanity | F. Transcendence. |

Researchers identified the twenty-four strengths based on a criterion that each of the strengths defines the value of a virtue. Each virtue is recognized and valued by all cultures as morally good and one of the basic qualities of well-being. Parents in all cultures aim to instill these traits in their children.

A. Wisdom

Wisdom describes strengths that help you gather and use knowledge. Those who demonstrate wisdom tend to have cognitive strengths that lead them to not only acquire knowledge but to use it in creative and useful ways.

1. Creative: I am creative. I think of new ways to do things or solve problems. I conceptualize things that are novel, but most importantly worthwhile, useful or adaptable with the intention to make a positive contribution to my life or the lives of others.

Creativity gives you self-confidence and greater self-knowledge which allows you to feel comfortable in a variety of situations and adapt to challenges and stressors.

2. Curious: I am curious: I take an interest in a wide variety of topics, open to exploring new ideas, activities, and experiences. I have a natural desire to build my own knowledge.

Curiosity is one of the strengths most reliably linked to your satisfaction with life. Curiosity is also associated with happiness, health, longevity, and positive social relationships.

3. Open-Mindedness or Judgement: I do not jump to conclusions. I examine things from all sides, weight the evidence to evaluate ideas, facts, and opinions before I make rational and logical choices.

People who can see things from more than one perspective are particularly skilled in dealing with times of change and transition. Judgement counteracts biased thinking, contributing to more accurate decision-making.

4. Love of Learning: I seek to learn for learning's sake and am contemplative about what I learn. I am motivated to deepen my pursuit of knowledge to master new topics, skills, and bodies of research.

Love of learning leads to the development of a deeper base of knowledge, enhancing efficacy and competency – also associated with healthy, productive aging.

5. Perspective: I am able to avoid getting wrapped up in the small details especially when there are bigger issues to consider. I am able to evaluate multiple sides of an issue before making decisions or providing wise counsel to others. Perspective enables me to learn from my mistakes and also from the strengths of others.

Individuals with perspective are valued by others seeking counsel since those individuals help them see the big picture and alternative points of view.

B. Courage

Courage describes strengths that help you exercise your will and face adversity. People who demonstrate courage have emotional strengths that allow them to accomplish goals despite any opposition they face – whether internal or external.

6. **Honesty:** I am a person with integrity, speaking the truth; without pretense, and taking responsibility for my feelings and actions. I act consistently both publicly and privately, accurately representing my intentions, commitments and internal states the same way within the community as I do with family.

Research findings on the benefits of honesty found honest people are typically viewed as trustworthy, which contributes to healthy, positive relationships. Honesty is also linked to improved accuracy of your goals, reflecting your true values and interests.

7. **Bravery:** There are three types of bravery: physical bravery, such as that executes by firefighters or soldiers, psychological bravery such as facing painful aspects of self, and moral bravery which is speaking up for what's right, even if it's an unfavorable opinion to a group. I embrace challenges, difficulties, or pain despite my doubts and fears. I do not shrink from threat. I act on my convictions.

The strength of bravery helps people tolerate the vulnerability that is part of growing close to others, thereby helping in the formation and maintenance of close relationships.

8. **Perseverance:** I finish things once they are started. I am able to dig deep and muster the will to overcome obstacles and disappointments that bring about thoughts of giving up.

Perseverance helps to improve skills, talents, and resourcefulness as well as build other character strengths. Persistent people are often seen as people who follow through on commitments, which contributes to building trust as a foundation for good relationships.

9. **Zest:** I approach all things in life with energy and excitement, like I am on an adventure and have an opportunity for engagement. I do not do things half-heartedly.

Zest is one of the two strengths most strongly connected with happiness. If you are high in zest you are likely to find joy and meaning in whatever you do and view your work as a calling in life, in that the work is deeply fulfilling, meaningful, and purposeful.

Character strengths help you discover how you operate in the world:

Across several studies in different cultures, the character strengths of zest, hope, love, gratitude, and curiosity repeatedly emerge as being the most interrelated with life satisfaction and are emotionally important factors for experiencing meaning and engagement at work. While your strengths exist within you, they are also shaped by your situations. You will find some strengths stay consistently high, while others will move up and down or be more prominent at certain times. For example zest may move up and down on your profile depending on how well you physically look after yourself. Having chaos in your life can cloud how you assess your strengths.

C. Humanity

Those who demonstrate humanity have a range of interpersonal strengths that involve caring for and befriending others.

10. Kindness: I have deep concern for the welfare of others. I have empathy and a sense of social responsibility. I do not expect anything in return when I do a favor, good deeds, listen, or give of my time, resources, or talent to help other people who need kindness or support.

The strength of kindness found people who give to others, in small and in large ways, tend to be happier as a result. Kind people are often likable to others, which can provide opportunities to develop meaningful relationships and love

11. Love: I value and nurture close relationships with others that are characterized by reciprocal willingness to give and receive love, warmth, and caring.

Love tends to facilitate tolerance, empathy, and forgiveness in relationships, which contribute to the health and longevity of those relationships. It is one of five strengths most associated with enhanced life satisfaction.

12. Social Intelligence: I am aware of my feelings and motivations as well as that of others around me. With that awareness I am able to fit into different social situations and feel comfortable that I will say and do the right things.

Science says that social intelligence contributes to a high level of comfort across a variety of social situations, opening opportunities for meeting new people and participating in new experiences. The ability to recognize feelings both in yourself and in others has been connected with better mental and physical health, work performance, and social relationships.

You have 24 unique characteristics that make up your good character:

You have just reviewed half the character strengths. You may be thinking that so far no new light has been shed on your qualities. Maybe you identify with most of the qualities, which is a good thing. By definition all strengths are good things. View them as your flourishing tools to supercharge your well-being – tools to help you build relationships, finish work tasks, explore hobbies and, ultimately achieve a well-balanced life and happiness.

When you take the formal survey it will narrow down the strengths that are most central to who you are and best capture your uniqueness. It will be enlightening to connect more deeply to the true value of what these strengths bring to you and others. This will help you to plan experiences around your strengths and put yourself in situations that give you the best opportunities to develop and deploy your strengths.

D. Justice

People who have character strengths under justice tend to possess civic strengths that underscore the importance of a healthy community or help connect in community or group-based situations.

13. Fairness: I treat everyone equally and fairly, and apply consistent rules to everyone.

Fair-minded individuals are more likely to engage in positive, pro-social behaviors and less likely to engage in illegal and immoral behavior.

14. Leadership: I am motivated to take on roles where I organize and encourage a group to get things done as a team, while maintaining good relations within the group, enlisting help, building coalitions while providing a positive vision that inspires dedicated followers to feel inspired and empowered by my actions.

Research findings on the benefits of the strength of leadership found leaders – Leadership with a small “L” not movers and shakers – are respected and valued by others, and they experience the benefits of being well-respected and held in high esteem by others. Leadership is related to emotional stability, openness, good social intelligence, and conscientiousness.

15. Teamwork: I am team-oriented, committed and work well to contribute to the team’s success – family, marriage, friends working on a project together, good citizenry. I have a broad sense of social responsibility for a group with which I associate, or of humanity as a whole.

People whose signature strength is teamwork elicit and experience a higher level of social trust and have a more positive view of others.

Applying your strengths to thrive in different situations:

As you go through the list you likely consider more than one strengths as minor to your daily life compared to other qualities. The strengths of lower value are your lesser strengths. They are not weaknesses or problems or deficits. NEVER think of underdeveloped strengths as weaknesses. Chances are you have not much spent time thinking about these strengths or developing them. However, studies have shown that focusing on a improving and using lower strengths can actually boost your happiness and decrease depression.

You may also categorize strengths as phasic strengths or supportive strengths.

A phasic strength is what we call a “rise-to-the-occasion” strength because you do not use it often, but when you call on it to reach an important goal, solve a problem or build a stronger relationship, that strength is front and centre and you use it very effectively. If you came upon a person in trouble you would rise to the occasion and exert bravery to save or help them.

You use supportive strengths often and readily to support, balance, or strengthen signature strengths. As an example, you might use your hope strength by being optimistic about a difficult relationship to help you activate more perseverance in sticking with that relationship through challenging times.

E. Temperance or Moderation

People who have a number of character strengths that fall under moderation tend to have strengths that protect against the excesses in life and manage habits.

16. **Forgiveness:** In humanizing others, I extend them understanding and forgiveness when they have wronged or hurt me. I can accept the shortcomings, flaws, and imperfections of others and let go of the frustration, disappointment, resentment, or other painful feelings associated with an offense, which means that I give people more than one chance.

Forgiveness can contribute to productive interpersonal relationships, thriving teamwork, job satisfaction, personal morale, innovative problem-solving, a sense of flexibility when facing changes, and productivity.

17. **Humility or Modesty:** I have a good sense of who I am and content to let my successes and accomplishments stand on their own. I do not need to get praise or be the spotlight to receive recognition for what I do.

Humility is linked with good self-esteem and a positive self-view. Humble people are likely to demonstrate higher levels of gratitude, forgiveness, spirituality, and general health.

18. **Prudence:** I am careful about my choices, stopping and thinking to examine the potential consequences of my actions, and control myself to avoid things that I might regret.

Prudence is associated with productivity and the ability to be conscientious. This strength helps you to avoid the mishaps of life, both physical and psychological.

19. **Self-Regulation:** I am self-disciplined and confident that I am able to control my appetites, emotions, as well as my reactions to disappointment.

People with high self-control report fewer symptoms of anxiety and depression, are better able to control anger, and generally get along better with people. Self-regulation is linked with better personal adjustment, such as having fewer physical and psychological problems and having a greater sense of self-acceptance and self-esteem in relationships.

Widen your perspective to realize the value of any strength:

You might be thinking that you sound rather humdrum. Ranking strengths in a character profile has nothing to do with a strength being more acceptable or publicly suitable, sexy or thrilling. Choose words that have more meaning to you, as long as it fits and is a pathway to you existing authentically.

You may view a strength as unfamiliar or lost. A lost strength can conceivably be any of the 24 character strengths. Perhaps a character strength needs reawakening if it has been dormant for a period of time or eroded from your conscious awareness and use. We hear many times that a valuable quality like perseverance or bravery was consistently squashed by an authority figure such as a parent teacher, coach or sibling. The strengths of critical thinking or love of learning can be depressed by cultural or social constraints.

F. Transcendence

Transcendence describes strengths that connect one to the larger universe and provide meaning. People who have a number of character strengths that fall under transcendence tend to forge connections with a divine power, God, the universe, or religions that provide meaning, purpose, and understanding.

20. **Appreciation of Beauty and Excellence:** I notice and appreciate everything that produces awe and wonder in my life: beauty in nature, excellence in skilled performance, moral goodness – from nature to art to mathematics to science to everyday experience.

Science says exercises focused on increasing appreciation of beauty and excellence have been shown to boost happiness and lower depression.

21. **Gratitude:** I am aware and thankful for the good things and take time to genuinely express my feelings of gratitude to others in recognition of their contribution to my life.

Gratitude is one of the strengths most connected to the experience of a meaningful life. Gratitude also contributes to several physical and psychological health benefits, such as better cardiovascular and immune functioning.

22. **Hope:** I expect the best; I believe I am action oriented to make good things happen, believing there are alternative ways to make good things possible.

Hope is most associated with life satisfaction and well-being. Hopeful people tend to be healthier, happier, and more successful. Hope leads to greater longevity.

23. **Humor:** I make other people smile or laugh; find humour in difficult or stressful times; and find it a valuable method of coping with distressing situations to keep composed and maintain a cheerful view on adversity, and thereby help others sustain a good mood.

Humorous people are socially attractive to others. Humor can also decrease social anxiety, thereby creating opportunities for social connection.

24. **Spirituality/Religiousness (secular or non-secular):** I feel spiritual and have a solid belief about a higher purpose and meaning in my life. I see my place in the grand scheme of the universe, a dimension to life that is beyond human understanding. Sacredness might be pursued as the search for a purpose in life, a close relationship with something greater, experienced in the forgiveness offered by a child, a humble moment, an awe-inspiring sunset, a profound experience during meditation or a religious service, or the self-sacrificing kindness of a stranger.

The strength of spirituality, provides a sense of being grounded, increases optimism, and helps provide a sense of purpose for life which contributes to an overall sense of well-being.

Challenging results can be eye opening opportunities:

The strengths should not be surprising. They should be recognizable and confirm something best you know about yourself. Maybe you do not feel good about the results right now because you have not discovered or connected to the true value of what a strength can bring to you and others. You may not have been putting yourself in situations that give you the best opportunities to develop your strengths. Maybe you have to learn how to plan experiences around your strengths.

Lead a Strength-Based Life to Increase Joy at Work and to Live the Life you Love

Once you determine which strengths matter most to you, lead a strength-based life to improve your emotional well-being, motivate and energize you to develop your potential, and help you address any challenges and difficulties you may face. The key to a strength-based life lies in nurturing your signature strengths to be more prevalent in your life. These are strengths you can trust. The general idea is incorporate them into your routine:

- Research shows that using your strengths 1-2 hours per day corresponds with increased feelings of happiness. Prevalence comes from the enjoyment you derive through using your signature strengths on a regular basis in the course of your regular life, not just for your career.
- Contemplate on how you currently use your signature strengths with the skills, experiences and knowledge you enjoy at work? In your personal life? When you were at your best or in times of struggle what strengths did you use? Think about how you feel during and after you use one of those strengths. These are experiences to savour. Do this often.
- Give your strengths primacy in self-reflection. We humans tend to focus on weaknesses or what is not going well for us. Instead of thinking about complaints or mishaps, focus on how things go well using your character strengths. Routinely ask yourself, “What strengths have I deployed today?”
- Post stimulating prompts in prominent places to remind yourself to use your character strengths. Visible cues help you be more aware. Print VIA’s [1 page description of the 24 strengths](#).
- Give “strengths of character” primacy in conversation. Encourage other to do the same. Talk about what the family’s core strengths have been over the years. With friends share the ways you expressed your curiosity or creativity at work. Tell others that you value their strengths. Name the strength and share how you saw them display the strength. “Yvonne, I was impressed by how well you kept your cool during that heated debate at our meeting yesterday.”
- The strengths you see in yourself may not necessarily be the strengths that coworkers, family or friends see in you. You may be very enlightened by what others see as powerful strengths that you don’t see as prevalent? What they share may motivate you to dig deeper, challenge yourself to focus on those strengths more often, or learn to use strengths in new ways.
- Focusing on one strength per week, track your internal experiences and behaviours. Record your findings. If you haven’t done so already, take the VIA Character Assessment Survey. It is free
- Create plans to build up or rekindle any strength. Find new ways to enhance or use supportive strengths to make your signature strengths stronger. Reawaken strengths if necessary.
- Consider what might happen if instead of acquiring things, you spent your time and money to do things that activate and elevate your strengths.
- Nourish your character strengths as part of your daily routine. Since the twenty-four strengths are so interrelated you should not ignore any of them on the basis of use or consistency. Nourish and use all 24 strengths whenever possible. .

Ways to Nourish your Character Strengths

The twenty-four character strengths are positive human traits and since they are at the heart of your everyday life it only makes sense that they should be nourished. In the rankings between signature strengths and supportive strengths, the numerical differences can be quite small. Any strength can become more prominent at certain times. Therefore, cultivating any strength to be stronger creates a much stronger foundation for flourishing.

There are enhancement exercises for each of the 24 strengths. The exercises are provided with permission of Drs. Tayyab Rashid and Afroze Anjum of the University of Toronto. They were two of the original researchers on the Science of Flourishing, who contributed to Dr. Seligman's work and also VIA.

Here is your copy of 340 Ways

Visit U of T Science of Flourishing Website

Here are 7 ways to nourish your character strengths:

1. Explore a defining moment. Identify one defining moment when you enacted one of your signature character strengths and it had a meaningful effect on you. It does not need to be momentous. Which character strength did you use in that situation? How did this defining moment shape who you are or what you do.
2. Plan "curiosity" days. Research indicated that when people experience positive emotions like happiness, they also tend to display more curiosity than on days when they are not as happy. Research shows that high and consistent levels of curiosity are linked to the other elements of well-being and life satisfaction. Curiosity is a willingness to engage with complex, unfamiliar, and challenging concepts or endeavors.
 - If you can learn something new every day, so much the better. If curiosity is not prevalent in your life, get into the habit of asking questions like "Why?" "What if...?" and "How might we...?" and genuinely listen to the responses.
 - Create space in your day or week to be curious about one thing and learn more. You could research a new item to find out more background information, or determine other opinions about the subject. You could get curious about a city, country, culture, or how something was made.
 - Engage with new people, new places or new points of view. When we demonstrate curiosity about others by asking questions, people like us more and view us as more competent, and the heightened trust makes our relationships more interesting and intimate. By asking questions, we promote more-meaningful connections and more-creative outcomes.
 - Encourage curiosity in others. During meal time encourage each person to share what they learned that day and how they did it. You can choose one of those topics for the whole family to further explore after the meal.

3. Create joy. Choose an unavoidable task that you normally find tedious and invent a way to perform the task using one of our signature strengths. One of Dr. Seligman's students transformed his lonely midnight walk from the library to his apartment using his strength of playfulness by rollerblading home and trying to set a new record on each run. Another student used her strength of social intelligence to turn waitressing into gratification by setting the goal of making each customer's interaction with her the social highlight of his or her evening.
4. Sit and observe your surroundings with interest and curiosity. Hold your attention to become aware of what you are absorbing through your five senses. Without being analytical or too logical, what strengths pop up?
5. Widen your view of each of your signature strengths. What would happen if you could not use one or more of your strength? First, consider how one of your top five strengths has helped you so far in life. Now, imagine that you are not allowed to use that strength for the next month. Consider what that would be like, and how you would feel.
6. Imprint your satisfaction. Calling upon your signature strengths, perform one philanthropic activity and one simply for your own pleasure. Do both on the same day or within a day or two. Afterwards, make written notes to compare the satisfaction you derived from both activities.
7. Anchor your strength in habitual activities. Choose a regular activity you engage in on a regular basis: leading a team meeting, handling telephone calls, working one-on-one with clients, washing pots and pans, walking your dog, talking with your loved one. Each time you start this activity, say to yourself – "I am going to bring forth one of my signature strengths in a new way while I'm doing this activity." This will anchor your strength with something that is already routine and from that new ideas around enhancing your strengths will emerge.

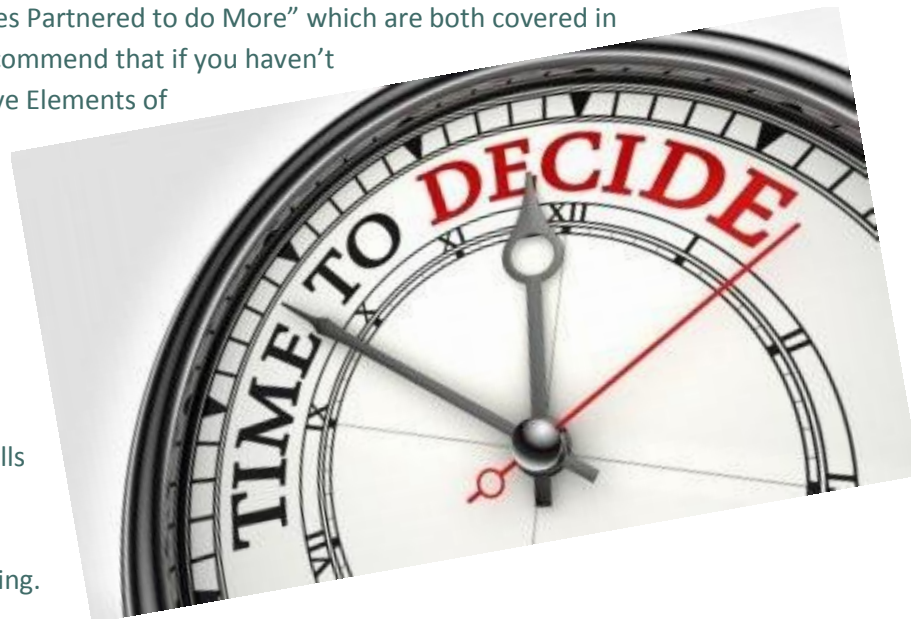
Bring out the Best in You

Unwrap and enhance all 24 character strengths to bring out the best in you. Apply your signature strengths daily.

Once developed your character strengths will serve you for your lifetime in elevating the elements of flourishing.

We remind you here that your happiness is bound up in your character strengths as well as “The Five Elements of Happiness” and “Mighty Muscles Partnered to do More” which are both covered in other Break Through articles. We highly recommend that if you haven’t already that you make time to study the “five Elements of Happiness” next to gain a greater understanding of the strategies that will amp up your happiness.

Studying all three are critical to give you a better understanding that it is not so much about what happens that leads to flourishing, it’s much more about what you make of your 24 character strengths and skills to shore up your internal resources – approach, attitude, courage – to have them help you boost the five elements of flourishing.



[The Five Elements of Happiness](#)
[Mighty Muscles Partnered to do More](#)
[Amp Up Your Happiness](#)

Inspired and Committed, We Celebrate Your Journey

At Corro, we believe in the power of people. We are inspired to expand humanity's capacity for wisdom, compassion, and courage.

In our commitment to helping you achieve long-term personal development and use your organizational platform for positive impact, we celebrate the journey of lifelong learning while fostering an all-inclusive community driven environment of meaning, personal connection, and fun.

Corro is not just a Work Space – Our Aim is Helping the Community Thrive through People Success