Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 8: Empower Yourself, Strategies for Success**

1. To find out your top character strengths, take the free version of the VIA Character Strength Survey at <https://www.viacharacter.org/>

Make a list of your top five character strengths and write one sentence about each of them. You can state how they are important to you or give an example of how you have used them in the past.

Example:

One of my top character strengths is having a sense of humor. When facing adversity, I often try to find something funny about the situation to reduce anxiety and gain perspective.

One of my character strengths is . . .  
It is important because . . .  
An example of how I use it is . . .

1.  
  
2.  
  
3.  
  
4.  
  
5.

1. List five strengths you have learned from your family, culture, or community.

1.

2.

3.

4.

5.

1. What are your top techniques for being resilient? What are some areas you would like to learn or improve? List 5 ideas.

For example:

I am usually optimistic and try to find the positive in difficult situations.  
I plan to find more time for myself so that I can exercise, eat well, and practice relaxation exercises.

1.

2.

3.

4.

5.

1. Write five intention statements about any of these topics: managing stress, using relaxation techniques, improving your nutrition, getting in the habit of exercising, getting enough sleep, and avoiding harmful substances such as nicotine, alcohol, or drugs. I intend to

1.

2.

3.

4.  
  
5.

1. Writing a personal purpose statement can focus your attention on what is important to you and what you hope to accomplish. Here are some steps in writing a purpose statement:

Review your personal strengths from your personality and character strengths assessments from this textbook and make a list of your personal strengths here.

Review your personal skills from the assessments of your personal skills and multiple intelligences and make a list of your personal skills here.

Review your personal values and make a list of them here. Values are what matters most to you. A few examples of values include financial independence, contributing to humankind, preserving the environment, or making a difference in the world.

What is your desired result? What do you want to achieve with your personal strengths, skills, and values? What careers are suggested by your personality, skills, multiple intelligences and character assessments?

Create a brief draft of your life purpose. Aim to be clear, concise, inspirational, and realistic.

Here are some examples of purpose statements:

I will use my strengths in math and science to become an environmental engineer so that I can leave the world a better place for all the inhabitants of the earth.

I will use my emotional intelligence to complete a major related to mental health so that I can help people become the best they can be.

I will use my strengths as a feeling and caring type to become a teacher so that I can inspire children to reach their potential.

Reflect on your personal strengths, skills, values and possible choice of a major to write the first draft of your purpose statement. You may want to continue refining your purpose statement as you reflect on it in the future. Write the draft of your purpose statement here.