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

**Journal Entries Chapter 12: 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 managing stress and relaxing. I intend to . . .

1.

2.

3.

4.

5.

5. Write five intention statements about any of these topics: 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.