

# Grow

# Character Strengths

## CONVERSATION TOPICS

### TO GROW LIFE SATISFACTION AND ENGAGEMENT

What was one thing you did that you were most **proud** of this week?

**What** made you proud of your achievement?

What made you succeed? **Which** of your strengths did you use?

Did you just help yourself or did your action **benefit others** too?

**How** do you think your strengths can **help other people**? (Grandparents, family members, friends etc.)

### TO GROW RESILIENCE AND WELL-BEING

Was there something **hard** you had to do today?

How did you deal with it? How did you **overcome** it?

If you didn't overcome it, what could you have **done differently** to solve the problem? (offer suggestions if you can.)

**Which** of your strengths could help you solve the problem?

**Who** do you think you could have approached for help?

Who is someone strong and what did you **learn** from that person?

(Tap on strengths, resources and people)

### TO GROW LESSER STRENGTHS

Which 3 of your lesser strengths do you want to **grow**?

**Why** do you want to grow these strengths?

**What would you be like** if you have this strength? (List visible behaviours)

What **actions** do you want to take to grow this strength? (Offer suggestions)



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## CONVERSATION TOPICS

### TO GROW GRATITUDE

What are you **most grateful for** this week?

What made you **happy** today?

**Who** are you most grateful for this week?

Is there a friend you really like and **appreciate**? How has he/she helped you?

What are you most **thankful to God** about?

Which is the **best animal** that God made to you?

What **modern appliance** are you really thankful for?

*(Be creative about the categories of people and things to be grateful about!)*

### TO GROW AWARENESS OF STRENGTHS

*(Applies to their studies, work and relationships)*

Which of your strengths can **help you do well** in your studies? How so?

Which strength of yours do you **like** the most? Why?

What do you think your **friends like about you**?

Which of your strengths can help you **make friends**?

When you **argue** with a friend, which strengths will help you **make up** with him/her?

**What can you do?** What actions will you take to make peace with your friend?

What are some **strengths your best friend has**? Explain your reasons for saying that.

Which friends do you **admire**? What character strengths do they have?

*(Encourage your kids to affirm their friends and express gratitude!)*

