

Increase your HUMANITY STRENGTHS

4A3

(look at the detailed descriptions on the previous page)

WHERE do you see some of these HUMANITY strengths at work in your life – are there people you feel empathy for, that you like helping? Are you good at communicating and relating to other people. Are you good at intimacy? (e.g. I feel for people who don't realise that they have the power to change their lives for the better. I like caring for others by making nice food, washing their clothes and listening to them.)

Where do you see some of the Humanity strengths at play in other people's lives? (e.g. I notice how the staff in my dad's nursing home are very caring towards him and other elderly people and at the hospital how the young women doctors are really nice to him.)

Which aspect of Humanity might you like to develop more in your life? Somewhere you would like to show care and consideration, to listen better, communicate more? (e.g. I would like be nicer to people when they ask me questions that I feel are unnecessary, to be more present to people who might have difficulties)

This is what I will do to develop myself more in this area:

(e.g. I will ask a friend of mine if she will come with me to volunteer to help other people in need)