

STRENGTH MEDITATION 2

6B

Welcome to reflection 2 on how our behaviour is influenced by our character strengths. Although we all have a mix of character strengths some tend to be more dominant than others. Again we use going shopping as an example of how very different our experience can be of doing this ordinary chore depending on which strengths are at play.

If I'm a person with Justice strengths

I might look out for fairtrade products, products that are ethically sourced

I might be concerned that the staff is treated with respect and gets fair wages

I'd tend to respect people around me as I believe each person I meet is an important part of society. I might notice people of minority groups and be extra friendly as I want them to feel included

People with justice strengths bring us an awareness of inequalities

They gather people around to make positive changes

They help innocent prisoners to freedom

They remind us and expect us to care for the forgotten in our midst.

Do you feel for victims of injustice?

Do you focus on changing society for the better?

Do you like being part of a team that improves conditions for people who are suppressed or treated badly?

JUSTICE

LEADERSHIP

TEAMWORK

Or perhaps you are a person with strong TEMPERANCE STRENGTHS

Should I be a person with Temperance and self-control strengths

I might arrive at the shop on bike, on foot or in an environment-friendly car

I quietly walk around with my list and my budget. I buy necessities rather than luxury items

I quietly interact with other people as I pick out healthy and reasonable items

People with temperance strengths enjoy disciplining themselves as they doggedly work away at their goals

They have the ability to say 'no' to unhealthy pleasures and relationships and don't worry unnecessarily about other people's reactions

They also might spend a lot of time supporting other people by doing ordinary chores and tasks needed for everything to run smoothly whether it is cooking, cleaning, printing or running errands.

We love these people for their example of self-discipline and forgiveness

Do you have a balanced life-style?

Do you work away quietly in the background helping everything to run smoothly?

MERCY HUMILITY CAUTION SELF-CONTROL

Or perhaps you are a person with TRANSCENDENCE STRENGTHS

Should I be a person with transcendence strengths I might enter the shop with an attitude of humour and gratitude.

I won't be too bothered about imperfections around me

I know people struggle and that life can stress them out

I love connecting with nature experiencing its beauty and variety

I like to help if I can, but I might also believe that everything happens for a reason, that there's a bigger picture. I believe things change, often for the better

We love having people like that around because they show us the value of a simple and meaningful life and give us hope beyond our financial worries and fears. they help us to laugh.

GRATITUDE SPIRITUALITY & RELIGIOUSNESS HUMOUR HOPE

Character strengths enable us to contribute to the betterment of mankind- They energise us – Together with our variety of strengths we can create a wonderful world for us to live in.

(You can find a reflection on the wisdom, courage and humanity strengths in Session 4 of the the Happiness Skills Series and more information at www.wellbeingSkills.me)