

DEFINE: IDENTIFY YOUR TOP VIRTUES

YOU HAVE COMPLETED THE VIRTUE SURVEY AND NOW YOU KNOW YOUR TOP THREE VIRTUES.
PLEASE LIST YOUR THREE TOP VIRTUES AND ANSWER THE QUESTIONS.



My top three virtues are _____ | _____ | _____



What is your initial reaction?

Do your highest virtues describe the "real you"?



What surprised you most about your results?



When you consider your successes, what virtues were you using?

How did each of your top strengths come into play?



How do you express your top strengths at school?

At church?

At home?

In sports/clubs?

In relationships?

In leadership?



When you think about a time when you were anxious or stressed, what virtues did you rely on to pull you through?

MY CALL TO HOLINESS: ACTING ON MY STRENGTHS

“The goal of a virtuous life is to become like God.” St. Gregory of Nyssa



Being aware of our strengths is step one, but it's not enough. **We need to continually practice and develop our strengths.** A virtuous person is one who desires the good in both thought and action. Not only does applying one's top virtues support our pathway to holiness, but research is also showing that applying your strengths in new ways is linked to greater mental, emotional, physical, and relational health.

MY PLAN FOR THE UPCOMING WEEK: SET SOME VIRTUE GOALS



Studies show that positive future thinking is not enough to get us to act. We need to identify our current reality and potential obstacles that might get in our way towards our goal.

BELOW, WRITE OUT YOUR PLAN, CREATE SPECIFIC TIMELINES, RECOGNIZE WHO YOU WILL NEED AS SUPPORT AND FINALLY, WHAT MIGHT BE YOUR OBSTACLES.

My Virtue	New way to use the virtue	When will I take these actions?	Who will hold me accountable? What support do I need?	What might get in my way from taking this action?

Note. Adapted from “Pathways to Virtue Use.” *In Character Strengths Interventions: A Field Guide for Practitioners* (p. 178) by R. M. Niemiec, 2017, Boston, MA: Hogrefe Publishing. Used with permission.

¹Catechism of the Catholic Church, 1803-1804.

²E.g. Wagner, L., Gander, F., Proyer, R. T., & Ruch, W. (2020). Character strengths and PERMA: Investigating the relationships of character strengths with a multidimensional framework of well-being. *Applied Research in Quality of Life*, 15(2), 307-328.

³Oettingen, G., Pak, H. J., & Schnetter, K. (2001). Self-regulation of goal-setting: turning free fantasies about the future into binding goals. *Journal of personality and social psychology*, 81(5), 736-753.