

Inner Strength - Outer Strength

INNER STRENGTH TIPS

Character Strength

Character Strength is about knowing who you are, what you are good at and what you enjoy doing. By being aware of our strengths we can utilise them more often and feel happier, more engaged and more productive as a result.

According to Sioux Lees, our Director of Spa & Wellness at Mandarin Oriental Hong Kong, Character Strength can include traits such as, “being mentally strong, kindness, generosity, gratitude, selflessness, and more. People with character strength are the people you want around you because of their stable, balanced and positive outlook.”

Jeremy McCarthy, our Group Director of Spa & Wellness, who holds a degree in Applied Positive Psychology says, “being aware of our character strengths, and using them every day, is an important factor in living a fulfilling life. We are at our best when we are using our strengths every day.”

How to develop your awareness of your Character Strengths:

- Visit the *VIA Institute on Character* to take their free, scientific survey of character strengths (<https://www.viacharacter.org/survey/account/register>).
- Try to use your strengths every day in new ways.
- Try to focus more on strengths than on weaknesses, both in yourself and in those around you.

Interesting Reading:

- *Character Strengths and Virtues: A Handbook* by Martin Seligman and Chris Peterson
- *Go Put Your Strengths to Work* by Marcus Buckingham
- *Soar With Your Strengths* by Donald O. Clifton
- *StrengthsFinder 2.0* by Tom Rath

Useful apps to help with you focus on your strengths:

- SuperBetter
- Happify