

Weekly Strengths Tracker

NOTICE ONE STRENGTH EACH DAY

Strengths are easiest to overlook in daily life because we tend to notice what goes wrong more than what goes right. This tracker asks you to catch just one moment a day when a strength showed up — building the habit of recognising what you already carry.

PERSONAL

Kind, honest, resilient, calm, authentic, brave, self-aware, patient

RELATIONSHIP

Empathetic, loyal, understanding, warm, supportive, forgiving, generous

THINKING

Curious, analytical, reflective, insightful, objective, strategic, logical

EMOTIONAL

Self-aware, grateful, mindful, hopeful, regulated, accepting, resilient

SOCIAL

Friendly, fair, supportive, inclusive, considerate, reliable, encouraging

VALUES-DRIVEN

Principled, purposeful, committed, honest, service-oriented, intentional

PRACTICAL

Organised, resourceful, reliable, efficient, detail-oriented, plans ahead

GROWTH

Self-motivated, adaptable, curious, open to feedback, keeps going

This Week One moment, one strength, each day

Monday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Tuesday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Wednesday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Thursday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Friday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Saturday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Sunday

MOMENT I NOTICED

STRENGTH USED

How it felt (low–high)

WHY IT MATTERED

Pattern Spotted

Looking across the week, which strength or category came up more than once?

What Surprised Me

A strength I don't usually give myself credit for:

Using It More

One situation next week where I could lean on this strength deliberately:

SOURCES

Peterson, C., & Seligman, M. E. P. (2004). *Character Strengths and Virtues*. Oxford University Press. · Niemiec, R. M. (2018). *Character Strengths Interventions*. Hogrefe.