

Take a chance. Step out of your comfort zone. Be ridiculous. Make mistakes. Live

in full color. Be a free spirit. Take the stage. Use your

# Be Happier.



Pokey. Rebel. Focus on your superpowers. You do you!

outside voice. Let go. Give yourself permission to be human. Dance. Do the hokey

# Let's Tap Into Your Top Inner Strengths... Your **SUPERPOWERS!**

Character strengths are the positive parts of your personality and are the keys to you being your best self. They reflect the "real" you – who you are at your core. Using your top strengths can help you:

- Increase your happiness at home and at work
- Improve relationships
- Discover balance with your health
- Achieve your life goals
- Reduce stress
- Find meaning and purpose in life
- And more!

One of my top strengths is:

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One thing I will do today to use this strength:

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