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Choose a strength, complete the task to ignite it and tick it! Appreciate your positive personality and be happy in the New 2021 Year !

Honesty  Give your honest opinion to someone.	Creativity  Think of a new way to complete a routine task.	Love  Create a micro-moment of love with a friend.	Teamwork  Help a teammate who is struggling with a task.	Gratitude  Make note of one good thing that happened today.
Humility  Notice if you speak more than others.	Bravery  Speak up against injustice or abuse of power.	Curiosity  Try asking "why?" more often today.	Kindness  Cook dinner for someone to surprise them.	Fairness  Allow others to disagree with your ideas .
Appreciation of beauty  Savor the beauty that you see outside the window.	Self-regulation  Stick with an exercise or walking routine.		Perseverance  Emphasize effort over perfection in a struggling project.	Love of Learning  Learn a new thing on a specific topic that interests you.
Social Intelligence  Try to understand the feelings of a friend.	Leadership  Lead an activity and actively solicit opinions from the group.	Spirituality  Read a quote of a spiritual role model.	Forgiveness  Discuss your grudge with someone and let it go.	Zest  Do something with energy and vigor.
Judgement  Examine an opposing view clearly and constructively.	Humour  Watch a funny movie with a friend or family.	Prudence  Think 1 minute before making a decision.	Perspective  Offer a different perspective to someone in trouble.	Hope  Write down two optimistic thoughts that bring you comfort.

Let the Strengths be with you!

The prominent scientists prof. Christopher Peterson and prof. Martin Seligman and subsequently the research of VIA Institute of Character have found that there are 24 central character strengths in all human beings. These strengths make us resilient in hard times and help us flourish in good times.

All 24 character strengths are grouped in 6 virtue categories:

