

# PAINGUIDE

## Seven Signature Strengths

Based on the Brief Strengths Test, write down your top seven strengths. Every day for the next week, use one of these strengths in a way that you have not before. Each night, write down how you used one of your strengths that day, including what strength you used, how you felt before, during, and after the activity, and whether you plan to repeat it in the future.



My Seven Signature Strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Day 1: How I used one of my signature strengths in a new way and how I felt about it:

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Day 2: How I used one of my signature strengths in a new way and how I felt about it:

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Day 3: How I used one of my signature strengths in a new way and how I felt about it:

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Day 4: How I used one of my signature strengths in a new way and how I felt about it:

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Day 5: How I used one of my signature strengths in a new way and how I felt about it:

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Day 6: How I used one of my signature strengths in a new way and how I felt about it:

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Day 7: How I used one of my signature strengths in a new way and how I felt about it:

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